



MYNSBERGE, RUGGLES & YANG

Oral, Maxillofacial and Dental Implant Surgery

Patient: _____

Directions Before Oral Surgery with IV Anesthesia

THE DAY BEFORE SURGERY:

| DO: | DON'T: |
|--|---|
| <ul style="list-style-type: none"> Stock up on: frozen peas (to use as icepacks), soft foods (soups, pudding, Jell-o, applesauce, mac & cheese, mashed potatoes, smoothies, milkshakes, etc.), fluids (water, sports drinks, Pedialyte) Have your Rx's and a large bottle of over-the-counter Advil (ibuprofen, 200 mg/tab) ready at home | <ul style="list-style-type: none"> Consume alcohol Smoke Eat or drink ANYTHING (including water) after midnight (<i>Doing so could pose a LIFE-THREATENING ANESTHESIA RISK</i>) <i>***See attached modified eating instructions for afternoon surgery appointments!</i> |

THE DAY OF SURGERY:

| DO: | DON'T: |
|--|---|
| <ul style="list-style-type: none"> If you were prescribed a pre-medication (oral sedation and/or prophylactic antibiotics), please take these as prescribed prior to your surgery <i>with a sip of water</i> Have a responsible adult drive you to and from your appointment and be available to spend a few hours after surgery with you at home (<i>WE CANNOT SEND YOU HOME IN AN UBER OR A LYFT!</i>) Brush your teeth in the morning (But don't swallow the water!) Use the restroom immediately before coming to your appointment | <ul style="list-style-type: none"> Eat or drink anything (including water)!! <i>***See attached modified eating instructions for afternoon surgery appointments!</i> <i>***Small sips of water OK for prescription medications</i> Consume alcohol Smoke |

ATTIRE FOR YOUR SURGERY:

| Please DO wear: | Please DO NOT wear: |
|---|--|
| <ul style="list-style-type: none"> Loose fitting and comfortable clothing Short sleeves (sweaters OK, but you will need something short sleeved underneath) | <ul style="list-style-type: none"> Jewelry (rings, earrings, bracelets, necklaces) Heavy make-up, especially lipstick Gel/Shellac fingernail polish Contact lenses |

IMPORTANT

We will NOT proceed with your IV sedation if you have had ANYTHING to eat or drink within 6 hours of your surgery AND/OR if you do not have a responsible adult driver present (***WE CANNOT SEND YOU HOME IN AN UBER OR A LYFT!***). For all patients under the age of 18, a parent or guardian MUST be present at the time of surgery.

YOUR APPOINTMENT IS:

DAY: M T W Th F

DATE: _____

TIME: _____

Our financial coordinators will email or call you with your treatment estimate soon!

If you need to cancel your appointment, please notify us

AT LEAST 48 hours prior or a \$175 cancellation fee will be charged!

1331 South Eliseo Drive, Suite 1
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To get ready for your recovery after surgery,
please watch the post-op videos below!



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FOR AFTERNOON APPOINTMENTS ONLY!

Modified Eating/Drinking (NPO) Instructions Before IV Anesthesia

For IV anesthesia appointments AFTER 12:00 pm, we realize that our usual instructions prior to anesthesia can be a bit difficult (no eating or drinking for 8 hours prior to IV anesthesia). However, you may do one of two things to alternatively and still safely prepare for your IV anesthesia:

1) Sleep in:

If you are the type of person who is able to sleep in late, we recommend staying up late the night before and just waking up late, close to the time of your appointment (1 hour or so before your appointment or as late as you can sleep in). This will help keep you from having to starve yourself for too long.

2) Follow our VERY STRICT modified eating/drinking instructions:

- **Solid foods:** You may eat a VERY LIGHT meal (such as a bowl of cereal/oatmeal with a glass of orange juice) up to 6 (six) hours prior to your surgery/anesthesia
- **Clear liquids:** You may drink SMALL SIPS of clear fluid (water, apple juice, Gatorade... anything you see through to on the other side of the glass) up to 2 hours prior to your appointment time
- **Then NOTHING TO DRINK (not even water) for 2 hours before your appointment**

Please note, if you do opt to follow our modified eating/drinking instructions, it is **EXTREMELY IMPORTANT** that you follow them **STRICTLY!!** Not doing so can be **LIFE THREATENING** for your IV anesthesia.