



Northwest Florida's First Oral-Maxillofacial Surgery Practice
- Celebrating Over 50 Years of Service -

OUTPATIENT PRE-OPERATIVE INSTRUCTIONS

If the procedure is to be performed with:

LOCAL ANESTHESIA AND/OR NITROUS OXIDE:

- a. The patient may have a light meal a few hours prior to surgery.
- b. For more extensive procedures, the patient may wish to have someone drive them home.

INTRAVENOUS SEDATION / GENERAL ANESTHESIA:

- a. **Nothing to eat or drink** (including water) for 6-8 hours prior to surgery. If the patient takes any routine medications (i.e. blood pressure, diabetes, etc.), please check with the doctor as to whether or not these medications should be taken the morning of the procedure. If the patient is told to take the medication, please do so with only a small sip of water. ****Patients taking birth control pills in conjunction with prescribed antibiotics should either refrain from sexual activity or take alternative precautions while taking the antibiotics. Such combinations of medications have led to reported cases of ineffective birth control pills contributing to unplanned pregnancies.****
- b. The patient is responsible for leaving all valuables including jewelry, purses, cell phones, electronics, etc. at home or in the reception room with their driver on surgery day.
- c. The patient **must** have a responsible adult driver accompany them to the office on surgery day (if patient is a minor, a legal guardian must be present). During the procedure, the **driver and vehicle must remain on the premises at all times**. Once the surgery is completed, this person must drive the patient home, apply ice to the patient's face, and take care of the patient until the effects of the anesthesia have completely diminished and the patient is physically capable of caring for themselves. This typically will be for a period of at least 24 hours.

AFTER SURGERY:

On surgery day the patient will be given post-operative instructions before going back for the procedure. It is recommended that soft foods such as Jello, instant breakfast, yogurt, ice cream, pudding, or any food of choice that can be put in a blender be stocked up on before surgery day avoiding foods like grits, popcorn, chips, or anything with grains/seeds.

The patient will be prescribed pain medication and must eat each time prior to taking this medication. Besides the prescribed narcotic, it is also recommended to have ibuprofen (if advised by doctor) on hand following the patient's procedure. It is recommended to take 600mg before the local anesthesia wears off. Then continue to take the same dose every 6 hours. The prescribed narcotic medication can be taken in between those doses as needed for pain. So you can alternate each medication every 3 hours for significant pain.

MEDICATIONS WILL NOT BE PRESCRIBED AFTER REGULAR OFFICE HOURS OR ON WEEKENDS.

Patient or Parent/Guardian

Date

Center for Facial Reconstructive Surgery • Center for Dental Implants • Center for Facial Cosmetic Surgery
Orthognathic Surgery - Preprosthetic Surgery - Removal of Wisdom Teeth - Cosmetic Maxillofacial Surgery
General Oral Surgery - Maxillofacial Fractures - Laser Surgery - Implantology - Laser Skin Resurfacing