



Pre-Operative Instructions for Dental Surgery

3 – 7 Days Before Your Appointment

- Pick up **prescriptions**
- Purchase an **ice or cold pack**:
Using the ice pack after surgery will lower swelling and increase comfort.
- **Plan for a soft diet 48 hours following surgery**
Soups, pastas, protein drinks, etc (A list of suggestions is provided in your post-operative instructions)
- **Arrange Transportation if you are having IV sedation.** You **WILL NOT** be able to drive afterwards
- **Begin vitamin supplementation as soon as possible**, prior to your scheduled procedure
Vitamin and mineral supplementation speed healing and aid in reducing inflammation naturally
 - Whole food multiple vitamin: Take once daily
 - 500mg of vitamin C: Take three times per day (with meals)
 - Co-enzyme Q (CoQ-10) 100mg: Take twice per day
 - Omega-3 (EPA 800mg ?/ DHA 400mg minimum): Take twice per day
- **Refrain from taking aspirin** unless it will cause a medical complication, then ask Dr. Glover.
*** Aspirin can cause excessive bleeding if taken before a surgical procedure*

1-2 Days Before Appointment

- **Take Medications** prescribed by Dr. Glover **as instructed on each bottle**
 - Some medications are required to start the evening before your appointment,
 - others are required to start an hour before your appointment
 - Read the instructions on each bottle
 - For most patients this will typically include three medications:
 - A non-steroidal anti-inflammatory
 - An oral antibiotic
 - An antimicrobial mouth rinse.
- **Do Not consume alcohol or street drugs at least 24 hours before your appointment**
- **Confirm your transportation to and from the office**

DAY OF Your Appointment

- **Take all medications** prescribed by Dr. Glover before your appointment, **as instructed on each bottle**
- **Drink only a small amount of water (4 oz.)** to take the prescribed medication
- **Take regular medications** at least 2 (two) hours prior to surgery (*blood pressure, thyroid, cholesterol, etc*)
 - ** *This DOES NOT include is insulin or blood thinners*
 - ** *DO NOT take any blood thinners prior to dental surgery without consulting with Dr. Glover*
 - ** *If you take blood thinners, we NEED a current INR reading 3 days prior to surgery*
- **DO NOT eat at least 4 (four) hours prior to surgery**, if you are having IV sedation
- **WEAR** warm, comfortable, loose fitting clothing, short sleeve shirts (*a blood pressure cuff will be on your arm*)
- **DO NOT** wear Cosmetics or Make-up
- **DO NOT wear contact lenses**, but bring your reading glasses with you
- **DIABETIC PATIENTS: Bring your Glucose Meter!**
 - Eat and take medication 4 (four) hours before surgery
 - If that is not practical (e.g. 7:30am – then do not eat and do not take meds)
 - **Insulin Dependent Patients:**