

## Pre-Surgery Instructions

### Steps to a Smooth Surgery Day

- Planning for your surgery will make your day go much smoother. **Purchasing ice packs and soft diet foods before the surgery** will allow you to rest and recover sooner. Soft diet foods include items like yogurt, pudding, tomato soup, eggs, and mashed potatoes.
- Anyone under the age of 18 must be accompanied by the legal guardian at the appointment time.
- Ensure you arrive for your appointment on-time and have planned for adequate recovery time.
  - Wisdom teeth usually require 3 days of recovery time.
- Smoking in the weeks prior to surgery greatly increases your chances of complications. If you smoke, it is best to refrain or limit as much as possible for at least 1 week prior to surgery.
- Please visit **www.purelydentalsurgery.com** to familiarize yourself with the full list of pre and post-operative instructions.
- If you have any questions regarding your surgery after reading the following instructions, please do not hesitate to contact our office.

### If you are having Intravenous (IV) Conscious Sedation

- You **cannot eat or drink anything for at least 6 hours** prior to your surgery
  - Any prescription medications should be taken at their regular times with no more than a few small sips of water.
  - Patients can have WATER ONLY UP TO 2 HOURS prior to the appointment time, although no other liquids or food for 6 hours' prior.
- A **responsible adult (legal guardian if under 18) must accompany you to the appointment and remain in the office** throughout the surgery.
  - The accompanying adult must be able to drive you home and remain with you until you are alert (about 4-5 hours).
- Wear loose **non-restrictive clothing with short sleeves** so that we can start the IV in your arm.
- Wear **shoes that are securely fastened** (ex: no sandals).
- **Female patients**: must **be sure you are not pregnant** prior to any sedation. If you feel you may be pregnant, please notify the doctor prior to the appointment.
- Sedated patients will not be able to perform activities that require coordination for 24 hours such as driving or cooking.
- Intravenous conscious sedation is a safe reliable method of providing relief from the fears and apprehensions of surgery. Various drugs will be administered making you very relaxed, and sleepy. If you have questions pertaining to IV conscious sedation, please feel free to contact us with the above contact information.