



David Christian

Bradenton Oral Surgery Center DDS

Pre-Operative Instructions



NO photography and NO videos
allowed while in our office.

This is a violation our HIPAA policy
and strictly enforced.

Thank you

For respecting our policies

You are scheduled to have Intravenous Anesthesia Sedation

Please follow these instructions carefully in order to have a safe and comfortable experience.

Food

It is very important that the stomach be empty at the time of surgery for the patient's safety under anesthesia. Liquids, foods and some medications can cause vomiting and aspiration into the lungs causing **serious complications during surgery.**

NOTHING BY MOUTH after **midnight** the evening prior to surgery.

Medications

If you are taking prescription medications, please contact our office regarding their use prior to surgery. Patients taking blood thinners and medications for diabetes require special instructions.

Women prescribed oral contraceptives should be cautioned to use an additional means of contraception if taking an antibiotic after surgery. If you have any concerns please contact your primary care doctor or OB/GYN doctor.

Attire

Please do not wear a dress. Wear loose, comfortable clothing and a **short sleeve shirt** for ease of IV access and monitor placement.

You must have **one fingernail free of polish or artificial nails. Right pointer finger is preferred.** This is necessary in order for your vitals to be monitored while under anesthesia. Artificial nails will need to be removed in the office if not removed prior.

Please do not wear heels or flip flops.

Please remove contacts, jewelry and makeup and pull hair back with a hair tie or headband.

Transportation

Minors are required to have a parent or guardian with them the day of surgery to provide consent.

Patients **MUST** arrive with an adult driver to provide transportation home. Public transportation, including Uber and taxis, are not permitted. Your driver will need to stay in the office while you are having your surgery. You and your driver should plan to be in the office approximately 1 hour.

Cautions

Following anesthesia, patients should not operate heavy machinery, drive an automobile or make important business decisions until the following day.

Smoking should absolutely be avoided for the first 24 hours after surgery.

Do not use straws for the first 3-4 days to avoid a "dry socket" (tooth pain caused by dislodging the clot covering the bone and nerves at extraction site).

Foods after surgery

It is recommended to start your post-op diet with clear liquids. Next cold, soft foods are recommended for the first 24-48 hours. Frequent small meals of nourishing liquids, protein foods and soft foods promote healing. It may be helpful to have some of these foods on hand before the day of surgery (see list on next page).

Soft Food Suggestions

- scrambled eggs
- omelets
- pancakes
- french toast
- oatmeal
- cream of wheat or grits
- most muffins (no nuts)
- coffee cake
- any cereal that gets soggy
- soups and chili
- cottage cheese
- egg or tuna salad
- most casseroles
- sloppy joe's
- soufflés
- macaroni and cheese
- tuna and noodles
- any soft vegetables
- shepherd's pie
- crepes
- pot pies
- meat loaf
- most canned fruit
- applesauce
- ice cream
- sherbet
- sorbet
- yogurt
- custard
- bread pudding
- milk shakes (NO STRAWS)
- jello
- pudding
- juice
- Sprite, 7-Up, Ginger Ale or similar drink
- meal replacement drinks (Ensure, Carnation breakfast drink, etc)

After Hours Emergencies

We are available after hours for patients of record who have recently been treated in our office. Please call our office at 941-794-1788, listen through to the end of the message options and then dial 2 when prompted. Please leave a detailed message that includes your name, date of birth, reason for your call and best contact number for us to return your call.

Post-Operative Information

You will be given another brochure the day of surgery that will include detailed post-op instructions. It is also posted on our website under "Surgical Instructions" if you would like to read it ahead of your surgery.



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