

## Pre-Surgical Instructions

We desire to make this event as easy as possible for you. To accomplish this, some prior planning and preparation will help ensure that things go smoothly.

**Please review the instructions below carefully. If you have any questions or concerns, do not hesitate to contact us. You will also receive post-operative instructions on the day of your procedure, and these may be modified as needed.**

1. Please wear loose fitting and comfortable clothing. A sleeve may need to be rolled up to allow monitoring of your blood pressure.
2. Please refrain from wearing heavy facial make-up.
3. Eat a light meal about a few hours before your surgery.
4. If you will be taking any sedative medication prior the surgery, you need to be accompanied by a responsible adult.
5. Try to plan no business or social activities the day and evening of the surgery. Only a light schedule is recommended for the day following the surgery.
6. Medications may be called ahead to the pharmacy or given on the day of the surgery. This will be taken prior to and/or after surgery. Please take these according to the directions on the bottle. If medications will be called in, please provide us with a pharmacy number a week prior to surgery.
7. Medications prescribed by your physician should be taken at their regular time and dosage unless otherwise instructed by Dr. Cabrera and your physician. Please tell us of any over-the-counter or prescribed medications you are presently taking. Let Dr. Cabrera know if you have taken and/or are currently taking blood-thinning or osteoporosis medications.
8. Discontinue herbal supplements 10 days prior to surgery. Remember that ginkgo, ginger, and ginseng may increase bleeding from dental procedures.
9. Alcoholic beverages must be avoided 12 hours before surgery and 48 hours after the surgery. Smoking is never recommended, especially for 12 hours before surgery and for 9 days after surgery.
10. After surgery you will be on a soft diet, avoiding crunchy and crispy foods for one week. For the first day, you should avoid hot temperature food and drinks, due to the heat causing more bleeding and possibility of burning.
11. You should also avoid the use of a straw after surgery or anything that will create suction in your mouth.
12. After surgery, you may have a plastic protector over the surgical site, which will come out on its own. You may also have dissolvable sutures; these also will go away on their own.
13. If there is bone grafting, avoid applying pressure to the grafted area. Also, do not be alarmed if some particles of the graft come out of the surgical site during the healing process.
14. You should expect some swelling, bruising, slight bleeding, and discomfort after surgery. You should ice intermittently for the rest of the day, and our office will contact you over the next few days to monitor your progress. We will do our best to check in with you.
15. A post operative appointment should be scheduled 7-10 days after the surgery to evaluate and monitor healing. You may also have more appointments to evaluate the progress of the healing and to review your treatment plan.