

PRE-SURGICAL INSTRUCTIONS

Please read these instructions carefully and do not hesitate to call if there are any questions.

Clothing:

- Please wear loose, comfortable clothing which is not restricting to the neck or arms. You should **wear a short-sleeved top that can be rolled up to the shoulder**. Please wear shoes that are securely fastened, no flip-flops or loose-fitting sandals, please.
- REMOVE all jewelry (earrings, necklaces, bracelets, watches, rings, etc.) and contact lenses prior to your appointment.
- Ladies should REMOVE fingernail polish.
- Please do not take personal items (handbags, cell phones, eyeglasses, etc.) into surgery. These items should be left at home or left with your driver.
- ***If you wear any type of denture or oral appliance (e.g., retainer, nightguard, stent, flipper), please bring it with you on the day of surgery in case adjustments are needed.***

Medications:

- If you take medicine as prescribed by your physician, please take on the day of surgery with a small sip of water, **especially medication to control your blood pressure**.
- If you are diabetic, your surgery should be scheduled for the morning. **On the morning of surgery, DO NOT eat and DO NOT take your diabetes medications**. Please bring your glucometer to the appointment.
- If you take medications for ADHD, please discontinue the day of surgery.
- If you take aspirin daily, **STOP** taking it at least five (5) days before surgery but **check with your physician first**.

IF YOU ARE TO BE SEDATED:

- **Do not eat or drink anything, including water, for at least six (6) hours before the surgery**. Do not drink coffee or other caffeine-containing beverages for twelve (12) hours prior to surgery.
- **You must have a responsible adult over 18 years of age drive you home after surgery. Please arrange for transportation. Your driver must be prepared to help you for the next few hours, as you may need assistance until the sedative wears off.**
- ***DO NOT DRIVE, operate machinery, or make important business decisions for at least 24 hours post-surgery. Stay home and rest.***
- If you feel fine the following day, you may go about your normal routine. If, on the following day, you still feel the effects of the sedation, or if your mouth is very uncomfortable, stay home again and rest.
- Typically, a combination of pills and intravenous medicines are used to keep you relaxed and comfortable during the procedure. The pills may include Halcion and naproxen (Aleve). The intravenous medicines may include midazolam, fentanyl, diphenhydramine (Benadryl) and dexamethasone. Please let us know if you have had problems with any of these medicines, as alternatives are available.

There are important differences between general anesthesia (being completely asleep) and IV conscious sedation. If you have any questions or concerns about the IV sedation process or the surgery, please feel free to contact Dr. Walker by phone at 214-506-8565 or by email at sswalkerdds@gmail.com.

Inform us of any changes in your medical status or medications prior to surgery. If you develop a cold, flu, or other illness, please call in to determine whether the appointment should be kept.

If you must cancel your appointment, please call at least three (3) days in advance.

Please read these instructions again carefully the day before surgery and do not hesitate to call if there are any questions.