

Pre Operative Instructions

Suggestions how to prepare for your treatment visit:

- ❖ Return digitally **signed forms** emailed to you prior to your treatment visit.
- ❖ If you were advised by your physician to take **antibiotic prophylaxis** prior to your dental treatment, take antibiotics as directed by your physician prior to your surgery.
- ❖ If you use prescription or over-the-counter **blood thinners**, remember to adjust or stop your meds prior to your treatment as *directed by your physician*.
- ❖ **Eat, drink and take your regular medications** as usual.
- ❖ Prepare **softer nutritious foods** such as milkshakes, cottage cheese, yogurt, pasta, fish, applesauce, soups, eggs, puddings etc for after the procedure.
- ❖ Wear **comfortable** clothes.
- ❖ Bring **headphones** with your favorite music and podcasts.
- ❖ Allocate two hours, longer for multiple areas or implants (with a break).
- ❖ You can drive yourself in and out.
- ❖ Should you take a prescription medication to relax, pre-arrange your drive.
- ❖ Bring your **night guard** or **retainer** if you wear any.
- ❖ Bring your **FSA card** if you wish to use it.
- ❖ Follow the home care instructions emailed to you.