



*It is important to properly prepare for surgery. Patient care is highly important, whether it is before, during, or after surgery.*

**Please review and have a good understanding of these instructions about your procedure**

**\*Failure to follow these instructions may result in cancellation of your surgery\***

#### **Pre-Op Physical Medical Form**

- If you were asked to obtain a medical, this form must be completed in full by your physician. Please send your medical to our office as soon as possible, so that our doctors can review it prior to your surgery.
- **Your physical exam, must be performed within 90 days of your scheduled appointment date, and brought back to our office at least 14 days prior to you scheduled appointment.**

#### **Pre-Operative Instructions**

##### **FASTING**

- Do not eat or drink anything after midnight the night before to your surgery. Do not even chew gum.
- **Having solids or liquids in your stomach creates the risk of aspiration which may be life threatening.**

#### **MEDICATIONS & MEDICAL CONCERNS**

- Please bring a list of your medications, including the name, dosage, and frequency taken, to your consultation. It is important that the dentist or physician operating reviews these for safety. Prescribed medications can be taken at regular scheduled times prior to surgery (Your dentist or physician will review this in your consultation).
- Asthmatic patients are to bring all their inhalers with them to surgery. You will be instructed to take two (2) puffs of your Ventolin inhaler before your procedure, if instructed by physician.
- If you have been diagnosed with sleep apnea, and are using a CPAP machine, bring your machine the day of your surgery if you are undergoing general anesthesia.
- It is requested that diabetic patients bring their glucometer and insulin with them to surgery, so it is available, if needed.

#### **DRUGS, ALCOHOL & SMOKING**

- Refrain from alcohol and illicit drug use 24 hours before and after surgery. These can interact with sedatives and result in a severe, adverse reaction.
- Please refrain from using tobacco products the night before, and the morning of your surgery. Also refrain from smoking for 24 hours after surgery. Smoking may result in delayed healing, infection, and may increase risk of respiratory issues.

#### **RESPONSIBLE ADULT**

- You may feel dizzy, drowsy or weak for 24 hours after surgery. A responsible adult must accompany you the day of your surgery. The responsible adult must accompany you home and remain with you for 24 hours following your surgical procedure.
- If you are under 18 years of age, a parent or guardian must accompany you to provide consent.

#### **ATTIRE**

- For your comfort and safety, we recommend that you wear loose, comfortable clothing. Female patient should wear slacks. All patients should visit the washroom immediately prior to your surgery.



- No necklaces or dangling jewelry should be worn the day of your surgery. If you are undergoing a medical procedure, remove all jewelry and piercings, if possible.
- Do not wear contact lenses, nail polish, heavy makeup, or false eye lashes to your surgical appointment.
- Refrain from using perfume the day of your surgery, deodorant is fine.

### GENERAL ANESTHESIA VS SEDATION

- The type of medications used for your procedure will be based on our Anesthesiologists' assessment. Complexity/duration of the surgical procedure and identified risk factors which may include (Intermediate-High Risk of Sleep Apnea, or Dx with Sleep Apnea) help our team to decide which type of sedation is best for you!

### FEES

- Fees must be paid on the day of surgery. Debit and all major credit cards are accepted.

### CONFIRMATION & POLICIES

- You need to confirm your appointment 1 week prior to your appointment. You will receive an email and text to set your appointment as confirmed. Please give us a call if you have any questions. Cancellations within 3 days prior to your appointment will result in a \$500.00 cancellation fee. If you need to confirm, cancel, or ask any questions, please contact our office at (780) 750-0072.

### ARRIVAL TIME

- You are requested to arrive at least **30 minutes prior** to your surgery time. If you run late, there is the possibility that we may need to reschedule your surgical appointment. We will try to respect your time the best we can.
- You have a scheduled surgical appointment. We will do our best to see you at your scheduled time, however, due to unpredictable and unforeseen natures of surgery, there is a possibility of running slightly behind.

### PROCEDURE SPECIFIC INSTRUCTIONS

In the Recovery Room your Nurse will review all pertinent discharge instructions. These include:

- **Bleeding**- this may be normal for 24-48 hours after wisdom teeth extractions
- **Swelling**- after your specific procedure you may have swelling to the surgical areas, cheeks and face
- **Use of Ice**- please follow your instructions for using a face-wrap ice pack
- **Medications**- you may be provided with a prescription for antibiotics, and analgesics (pain medications)

### FOLLOW UP

- It is important that you notify our office if you experience a change in your health in the days prior to surgery, such as fever, chest cold, or a persistent, productive cough.
- You will receive an After Hours Number that will be forwarded to the Oral Surgeon for 24 hours post procedure
- You will receive a Post-Op Call by one of our Nurses the day after surgery
  - The Oral Surgeon will advise you if you are needing any further follow up appointments in the clinic

**By complying with these guidelines we are able to provide you with the highest quality of service and safest care possible.**

**Thank you for helping us, help you!**