



**Mission Valley
Oral & Maxillofacial Surgery, Inc.**

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Pre-Operative Instructions

1. If you are having intravenous sedation, it is mandatory that a responsible adult who can drive you home escort you to the surgical appointment. Unless specifically cleared by the office staff, your escort must remain in the waiting room until your surgery is complete and you're ready to leave. It is also recommended that a responsible adult be with you at home after surgery for the first day.
2. If you are having intravenous sedation in the morning, do not have anything to eat or drink after midnight except sips of water to take prescribed medications. If you have an afternoon appointment, have nothing to eat or drink for 8 hours before the surgery except sips of water to take prescribed medications.
3. Steps to prevent infections:
 - a. Bathe prior to surgery with particular attention to head and face.
 - b. Brush your teeth and use a mouthwash (Periogard® if it was prescribed for you).
 - c. Be clean shaven if possible.
 - d. If you have a beard or moustache, take extra time to shampoo and clean these areas.
 - e. Wear no heavy facial foundations or long earrings.
 - f. Please wear close toed, flat shoes.
 - g. Be sure to take your pre-op antibiotics! If you don't, we will need to give you intravenous antibiotics at a charge of \$30.00. The antibiotics are an important safeguard to reduce the risk of infection.
4. Wear loose, short-sleeved clothing for accessibility to upper arms. Sweatshirts and long sleeved shirts should not be worn to surgery.
5. Remove contact lenses if they are hard lenses.
6. If you come down with the flu or a chest cold, please call to reschedule at least 24 hours in advance of your appointment.
7. Remove all colored nail polish from both index fingers. We use a special oxygen monitor that is less accurate if colored nail polish is present.

Patient Signature

Date

