

WHAT TO DO BEFORE MY SURGICAL PROCEDURE

1. Take all medications **as directed**.
 - a. If you take antibiotics prior to dental treatment, please remember to take that medication 1 hour before your scheduled procedure.
 - b. If you have been prescribed medication for oral sedation, please remember to take the prescribed dosage 1 hour prior to your procedure, bring the bottle with you and make sure a responsible adult is driving you to and from the procedure and that he/she can stay with you for a while after you arrive home.
 - c. Many people find that taking some medication for pain an hour or 2 prior to the procedure is useful and it can reduce the amount of post-operative discomfort. Generally, 600mg of ibuprofen (3 Advil™) and 500mg of acetaminophen (1 Extra Strength Tylenol™) together are excellent for reducing post-operative discomfort.
 - i. If you cannot tolerate any aspirin or aspirin-like products then 2 regular or extra strength acetaminophen is a good substitute.
 - ii. If you are already taking medication for chronic pain, please consult with Dr. Rothstein before your procedure to see if this is appropriate for you.
2. Make sure you eat!!
 - a. Whether or not you are having oral sedation, it is important to eat before your procedure. Most of our procedures are in the morning, so a good breakfast is important.
 - b. You may not feel much like eating once you get home and you may still be numb for a couple of hours or so.
 - c. For our diabetic patients, you know the importance of watching your blood sugars.
3. Make sure you have food in the house
 - a. A bag of frozen peas is excellent to use as an icepack because it is moldable and reusable.
 - b. The first day or 2 you may not feel like you can eat foods that require a lot of chewing, so semi-soft things are often good to have:
 - i. Eggs
 - ii. Fish
 - iii. Cheese
 - iv. Pasta
 - v. Yogurt
 - vi. Soups
 - vii. Rice
 - viii. Chicken/turkey
 - ix. Ground beef