

VALLEY ORAL AND MAXILLOFACIAL SURGERY
11811 Hinson Rd Ste 100
Little Rock, AR 501-444-2429
IV Sedation or General Anesthesia Pre-Operative Instructions

Please read in entirety

1. **Do not eat or drink** past 10:00 PM the night before surgery.
2. **Brush your teeth** and use over the counter mouth rinse the morning of surgery. A clean mouth the morning of surgery reduces your risk of post operative infection.
3. Wear loose fitting clothing. Wear a “sleep” **T shirt** you do not mind getting dirty. Do not wear long sleeves (we need access to your arms for anesthesia monitoring and IV access). You may wear a jacket or layers as long as you have a T shirt on underneath. Do not wear nice clothes.
4. Remove all **contact lenses, jewelry, piercings** (tongue, lip and nose) and dentures prior to surgery.
5. Do not wear lipstick, heavy makeup or perfume the day of surgery. Chapstick and vaseline/petroleum are permitted.
6. You must have at least one finger **without polish/artificial nails**. This is essential for our anesthesia monitors.
7. You must have a **responsible adult escort** you to your surgery. This individual cannot leave and must stay on the property the entire duration of the surgery.
8. You cannot drive home. Your **escort must be able to drive you home**. You cannot take an Uber/Taxi without your escort accompanying you.
9. You must have a responsible adult stay with you for **24 hours** after anesthesia. Additionally, you must not drive, operate machinery or make any legal decisions for 24 hours after surgery.
10. For patients under 18 years of age a **parent or legal guardian must be present** to sign consent forms the day of surgery. Grandparents/siblings cannot sign consent forms unless they are legal guardians.
11. Do not use nicotine or marijuana the morning of surgery, this includes smokeless nicotine.

MEDICATIONS:

1. Take any morning medications with a **small sip of water**. It is important that you continue to take prescribed medications, especially heart, blood pressure, seizure, thyroid, Parkinson's disease medications.
2. If you take blood thinners and we did not discuss them at your consult appointment please notify the office at least 1 week before your surgery. Many times blood thinners can be continued perioperatively- we have techniques to stop bleeding even while taking blood thinners. If your blood thinner needs to be stopped prior to surgery we will consult with your prescribing physician to determine the best plan. Different blood thinners require different stopping times, some take up to 7 days for the blood thinning effect to stop. Do not stop your blood thinner without your prescribing physician's or our surgeon's direction. If you take Warfarin/Coumadin you **MUST** have your INR measured 24 hours before surgery.
3. Diabetics:
 - a. Do not take oral diabetes medications such as Metformin the day of surgery. If you take Jardiance, Farxiga, Invokana, or Steglatro, stop these **3 days before surgery**.
 - b. Insulin: Since you will be fasting past 10:00 PM, you should half your night time insulin dose the night before surgery and hold your insulin the morning of surgery. Measure your blood glucose when you wake up and 1 hour prior to surgery- notify your doctor of the readings when you arrive.
4. GLP-1 agonists (Ozempic, Wegovy, Mounjaro, etc):
 - a. If you take the medication once per week then hold the weekly dose before surgery (7 days of no medication).
 - b. If you take the medication daily then hold the daily dose before surgery (24 hours of no medication).
 - c. Do not eat past 7:00 PM the night before surgery and eat a light meal.
5. Asthma/COPD: Bring your inhalers with you to surgery. Use them prior to coming back for surgery.
6. Antibiotic prophylaxis: If you require antibiotic prophylaxis prior to dental surgery please take these medications 1 hour before surgery with a small sip of water.
7. Hold the following herbal supplements 7 days prior to surgery: Ginseng, Ginkgo, St. John's Wort, Kava, Valerian, Garlic.

Patient Name: _____ Date: _____

Parent/Guardian Name: _____

Signature: _____

