

Beverly Hills Oral and Maxillofacial Surgery Institute

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PREOPERATIVE INSTRUCTIONS

1. No personal belongings such as purses & **cell phones**. NO EXCEPTIONS.
2. Bring a personal blanket.
3. Buy Arnica Remedy pills which reduces swelling & bruising. (Can be bought over the counter from your local pharmacy)
4. Patients who will be having either general anesthesia or intravenous sedation must have **NO FOOD OR DRINK, INCLUDING WATER, FOR AT LEAST EIGHT HOURS PRIOR TO THE SURGERY**. It is preferable to have a light meal the night before surgery.
5. Oral hygiene must be excellent prior to surgery. On the day of surgery, before reporting to the office, brush and rinse with mouthwash. **Do not drink any water**.
6. Please **discontinue the use of tobacco** for as long as possible prior to your appointment or at least 12 hours prior to surgery. Stop the use of marijuana one week before surgery. Smoking may delay healing, increase the risk of infection and create increased discomfort following surgery.
7. Please wear comfortable clothing to the office on the day of your surgery. **SHORT SLEEVES** and low heels are advised. Please feel free to bring your iPod for the enjoyment of your own music.
8. **Do not wear** lipstick, makeup, or hand nail polish on the day of surgery. Please remove Gel Nail polish.
9. If you wear hard contact lenses and are being sedated or having general anesthesia, please bring your contact lens case with you or remove them at home. (Extended wear contacts are OK.)
10. **All patients having intravenous sedation or general anesthesia must be accompanied by a responsible adult at the time of surgery**. The driver must remain in the office until the patient has been released.
11. All patients under the age of 18 must be accompanied by a parent or legal guardian.
12. All patients having intravenous sedation or general anesthesia **SHOULD NOT DRIVE AN AUTOMOBILE OR OPERATE MACHINERY FOR THE REMAINDER OF THE DAY**.