

# **Pre Treatment Instructions for Oral Surgery, Dental Implants and Long Appointments**

You won't be able to eat immediately afterward so plan to make your pre surgical meal the largest for the day and a minimum of 2 hours prior to surgery.

Take Pre Medication if prescribed by the doctor.

Immediately before your surgery, you should brush your teeth and rinse your mouth thoroughly to help prevent infection.

It is also recommendable to use the bathroom about half an hour before your procedure.

For a smooth, calm recovery, it is a good idea to have ice packs and any medications already at home.

Prepare soft , easy to chew food, such as cottage cheese, applesauce, yogurt, soup, ice cream, pasta and pudding, in advance.

Avoid alcohol and smoking for 24 hours before surgery.

Wear flat-soled shoes that support your ankles.

Remove contact lenses, jewelry, and watches

Wear loose fitting, comfortable clothing and a sleeveless or short sleeved shirt