



LOMPOC ORAL &
MAXILLOFACIAL SURGERY

PRE-SURGICAL INSTRUCTIONS

Do:

- Please have naproxen (Aleve) or ibuprofen (Advil) available.
- Please have gatorade, coconut water or “electrolyte drinks” available.
- Please have soft foods (pudding, apple sauce, smoothies, scrambled eggs, oatmeal, soup, etc.) and ice available.
- Please wear a short-sleeved shirt.
- Please arrive 10 minutes prior to your appointment time to fill out paperwork.
- Please have a driver accompany you to the office, be available to receive instructions, drive you home, and take care of you for the entire day.

Do Not:

- Please do not eat or drink anything (not even water) 8 hours prior to surgery (except antibiotics if advised).
- Please do not wear perfume or cologne.
- Please do not wear flip flops or long sleeve shirts.
- Please do not wear nail polish, gel, or acrylic nails.
- Please do not bring any valuables with you. Leave all valuables (watches, earbuds, iPods, phones, jewelry, etc.) at home or with your driver.