



UNIVERSAL PRE-OPERATIVE INSTRUCTIONS

If you are to undergo a procedure at Alpine Oral & Facial Surgery, please review the following instructions before the day of your procedure.

*If your procedure will be under local anesthetic **only**, please follow all instructions **except number 2 and 5**.

*If your procedure is under IV or General Anesthesia, **follow all the instructions below**.

1. The night before surgery eat a light, easily digestible meal. Consume no alcoholic beverages and retire early.
2. **DO NOT EAT OR DRINK FOR 8 HOURS BEFORE SURGERY- NO FOOD, NO LIQUIDS, NOT EVEN WATER, NO SMOKING.**
3. Brush your teeth several times prior to surgery and rinse with your usual mouth wash. Do not swallow any water. Your mouth and teeth should be well cleansed to help avoid the possibility of postoperative infection.
4. Please call us immediately if you have any symptoms of head or chest cold. Your surgery may have to be re-scheduled.
5. **BRING SOMEONE WITH A CAR TO DRIVE YOU HOME AFTER SURGERY. If someone does not accompany you, surgery will have to be rescheduled. Someone needs to stay with you for several hours after surgery. We will not allow you to ride home unattended in a taxi.**
6. Please leave all valuables at home. Alpine will not be responsible for loss or theft.
7. Remove all fingernail polish and makeup.
8. If you wear contacts, please remove these at home. Or if need be, bring your case and solution with you.
9. Surgery that must be canceled or rescheduled should be done so at last 24 hours prior to your appointment time.
10. Quit smoking immediately as smoking can greatly affect the outcome of your procedure.

If you are to undergo a reconstructive (ex. Orthognathic) procedure:

1. Wear comfortable clothing that either buttons or has a zipper. Do not wear anything you must pull over your head.
2. On the night prior to surgery, wash your face, neck and hair well. Do not apply creams or moisturizers to the face or conditioners to the hair.
3. On the morning of surgery, wash face and neck. Do not apply creams or moisturizers to the face. Do not wear make-up or fingernail polish.
4. **Do not take any medications by mouth other than regular Tylenol for pain up to two weeks prior to surgery. Prescription medications must be approved by your surgeon.**