

PRE- SURGICAL INSTRUCTIONS

You have been scheduled for dental surgery with Dr. Bobbitt. It is normal for patients to feel apprehensive prior to their appointment. With this in mind, we have created a checklist for you to guide you before your visit. Of course, if you have other questions or concerns, please feel free to call and discuss them with us.

- Plan on wearing loosing fitting, dark-colored, comfortable clothing with sneakers, flats or low heeled shoes (no flip-flops please).
- Make sure that you drink plenty of water in the days before your appointment; hydration helps your cells heal. On the day of your surgery, have a light meal to prevent light-headedness; this is especially important if you are **DIABETIC**. Limit your intake of fluids a few hours prior to your surgery to reduce interruptions to care for use of the restroom.
- Be sure to pick-up any prescribed medications **BEFORE** your surgery (pain, antianxiety and/or antibiotics). Then, take them as directed.
- Take 600mg of Ibuprofen (Advil) the night before your appointment and 600 mg of Ibuprofen the morning of your appointment. This will help to control inflammation. If you are unable to take Ibuprofen, Dr. Bobbitt will discuss/prescribe other options. (you can refer to the “by the clock” pain control method avail online on www.DrBobbitt.com at Patient Forms.
- Please make sure that we have a signed copy of your informed consent form(s) on file with our office.
- If you are a smoker, please **DO NOT SMOKE** on the day of your surgery. The chemicals in tobacco can slow down the healing process and make treatment results less predictable.
- If you will be taking prescribed anxiety-reducing medications for this procedure, you will be impaired. It is **IMPERATIVE** that you have a responsible adult provide transportation to and from our office. Also, this driver **MUST** accompany you into reception and check in with our front desk upon arrival and again to assist you upon departure. If your driver leaves during your procedure, they must provide a phone number in case of an emergency.

Thank you for entrusting us with your care.