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PRE-OPERATIVE GUIDELINES

There are a few things that you can do to make your procedure more comfortable.

PLEASE DO

1. Have a ride arranged if you are being sedated. We will be happy to call your ride 15 to 20 minutes before the end of your procedure so that they do not have to spend their time waiting in our office if they do not wish to.
2. Arrive 1 hour early if you are planning to take a sedative.
3. Make sure you eat your regular diet. Do not skip meals prior to treatment. Good nutrition promotes good healing so please eat before and after treatment.
4. Dress Comfortably.
5. Have ice ready at home to use on the side of your face.
6. Have a light schedule for the remainder of the day and possibly the next day.
7. No aspirin or fish oil for 7-10 days prior to procedure. With physicians' approval, discontinue all blood thinners as directed.

***** DO NOT STOP TAKING YOUR ROUTINE MEDICATIONS AS DIRECTED**
BY YOUR PHYSICIAN PRIOR TO YOUR PROCEDURE ***

We are always available to answer any questions that you may have. Should the office be closed, please call our 24 hour answering service (757) 422-0005 so that one of us can be paged.