



VIRGINIA Oral & Facial SURGERY

Pre-operative Instructions for Patients Receiving Sedation

- Do not eat or drink anything for **6 (SIX)** hours before your surgery, including water.
- Have a responsible adult drive you TO and FROM your appointment. Your driver **MUST** be present before we start your procedure. **YOUR DRIVER AND CAR MUST STAY AT THE OFFICE FOR THE DURATION OF THE PROCEDURE.**
- Wear comfortable clothing with sleeves that can be rolled up past the elbow and flat shoes.
- Do not wear contact lenses, jewelry or nail polish on the day of surgery.
- If provided, please pick up prescriptions before surgery. Read the instructions carefully, as some procedures or health conditions may necessitate beginning a prescription before surgery.
- Continue to take any daily prescription medication, unless otherwise instructed. Please swallow with a minimal amount of water.
- The use of tobacco products will significantly increase the chance of delayed healing, extended discomfort and dry socket. We strongly advise you to discontinue these habits.
- Arrange for a responsible adult to stay with you and plan to rest for the remainder of the day following surgery. It will be helpful to have ice packs and soft foods ready at home.
- You may want to have a pillow in the car for a more comfortable ride home.
- Do not drive a vehicle or operate machinery for 24 hours following IV sedation or while taking narcotics
- If you have any questions at all, please call the office at 804-472-8099