



PRE-OPERATIVE INSTRUCTIONS

1. Please make sure to eat something before the appointment. It is important to make sure your blood sugar levels and blood pressure do not drop while having a procedure completed at our office.
2. Please avoid planning for any intense exercise or heavy lifting after the procedure. It is recommended to keep activity light and minimal for the first 3 days following your procedure.
3. If you have any changes to your health, please call and inform us. This may affect our surgical plan and will allow the doctors to review those changes with you beforehand.
4. **SEDATION PATIENTS ONLY:** If you are planned for oral sedation at the office, please follow the instructions below:
 - **Medications:** Please pick up your prescribed medications at the pharmacy and take your sedation medication 1 hour before the appointment as prescribed. Bring the remainder of your medications with you to your appointment.
 - **Travel Arrangements:** Please make sure to arrange for a family member, significant other, or a friend to bring you to the appointment and take you home afterwards.

If you have any questions, please contact the office at the following phone number:
Phone: (206) 367-6767