

DRS' TRYLOVICH, GIFFORD, MANTOR, SWENSON, IRVING

CHARLESTON 702-259-1943 HENDERSON 702-750-9875 RAMPART 702-508-6714

PRE-OP INSTRUCTIONS FOR SURGERY

ANTIBIOTICS: Take with enough water to swallow.

Follow the regimen for the antibiotic you were prescribed. If you were given a different antibiotic not listed here, please follow those instructions!

For Amoxicillin **OR** for Keflex (Cephalexin) 500mg: Take 4 caps one hour before surgery, 1 cap in evening, the next day 1 cap three times a day until finished.

For ZPak (Azithromycin) 250mg: 1 pack of 6 tablets, take 2 tabs one hour before surgery, and the next day 1 tab each day until finished.

Omnicef (Cefdinir) 300mg caps: Take 2 caps one hour before surgery, 1 cap in evening, the next day 1 cap twice a day (about every 12 hours) until finished.

Caution for Women: Antibiotics reduce the effectiveness of birth control pills. If you are prone to yeast infections from antibiotics, please tell us before taking.

All Patients: If you take probiotics daily, take it 2 hours before or 2 hours after taking antibiotics.

Medications: If you take medications for blood pressure, heart, or cholesterol, you may continue to take them as you would normally.

Patients Who Smoke/Vape: Reduce or stop All Substances 2 weeks before and after surgery. This slows healing and is detrimental to the success of your surgery!

ORAL SEDATIVES: If you were given a prescription for Halcion or Valium, take 1 pill one hour before surgery. Refer to the directions on your prescription for any additional directions that may have been prescribed by your doctor. **Please Note: you will need someone you know to drive you to and from your appointment!**
Minors must have a parent/legal guardian stay in the office.

(turn over)

SUPPLEMENTS TO AVOID: Stop all fish oils, Vitamin E, Flaxseed oil, Gingo Biloba, garlic, ginseng, any other supplemental blood thinners 7-10 days before surgery.

PATIENTS ON ASPIRIN, PLAVIX, WARFARIN, ELIQUIS, PRADAXA:

These medications cause more bleeding than normal during your surgery. We will need a **medical clearance** from your physician before proceeding with surgery!

If you take baby aspirin daily that has not been prescribed by your physician, stop taking the baby aspirin 7-10 days before your surgery.

ARNICA MONTANA / PINEAPPLE: We may recommend taking these for certain procedures (ie. Sinus lift/push) to help reduce bruising and swelling. This is **NOT** necessary for ALL surgical procedures! However, if you are prone to bruising easily, you may use Arnica and/or eat pineapple starting 2 weeks before surgery to help minimize bruising and swelling. The Arnica can be found in any health food or vitamin store. Ask us for our informational page about Arnica if you desire this.

INSTRUCTIONS FOR INTRAVENOUS (IV) SEDATION: If you are having IV sedation, **DO NOT EAT ANYTHING 6 hours before surgery, including shakes, smoothies, juices, coffee, tea!** You may take your normal medications (BP, heart, cholesterol). You may have enough water to swallow your medications, and smaller sips of water up to 2 hours before surgery. **If your surgery is in the afternoon, you may have a light breakfast.**

Type 2 Diabetics: IT IS OK for you to have small sips of apple juice if needed, up to 2 hours before surgery. Don't take your diabetic medication the morning of your surgery. You may bring your glucometer.

All Patients: Wear comfortable, washable clothing. Wear short or loose sleeves to allow placement of a blood pressure cuff. If you have a weak bladder, you may bring additional clothing.

You **must** have someone you know drive you home. Have someone either stay with you a few hours or able to check on you if you were IV or orally sedated.

