

Instructions Prior to Surgical Procedures or Tooth Extraction

Here is a list of Do's and Don'ts to follow prior to surgical procedures or tooth extractions.

DO's

- **DO** take your regular medications at the usual times unless otherwise instructed.
- **DO** wear comfortable, loose-fitting clothing.
- **DO** eat a meal (not heavy and not too light) before arriving at the office, **unless instructed otherwise by the anesthesiologist.**
- **DO** tell your dentist if you are taking any herbal or nutritional supplements. Some supplements can make your blood thin and may cause bleeding following a surgical procedure.
- **DO** bring any medication that you would normally carry with you. Example: inhaler.

DON'T's

- **DO NOT** take Aspirin or any product containing Aspirin for 7 days prior to procedure. If you have been prescribed Aspirin by your physician, do not stop taking Aspirin without discussing with your dentist first.
- **DO NOT** drink alcoholic beverages for 1 day prior to procedure.
- **DO NOT** drink caffeinated beverages on the day of the procedure.
- **DO NOT** wear make-up (foundation or lipstick) if possible.
- **DO NOT** take Vitamin E 400 IU 5 days prior to procedure.

If you have been prescribed antibiotics prior to surgery, please make sure that you take the indicated number of pills one hour prior to your appointment.

If any questions or problems arise prior to your next appointment, please call Dr Jalbout at 646-825-1614.