



# SCV ORAL AND MAXILLOFACIAL SURGERY

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## ORAL SURGERY INSTRUCTIONS

1. Your appointment is on \_\_\_\_\_ at \_\_\_\_\_ with Dr. \_\_\_\_\_.
2. If your child is having sedation or general anesthesia we encourage a parent to come back with the patient until the patient is ready to go to under anesthesia.
3. If you are having sedation or general anesthesia, you may not have anything to eat or drink after midnight the night before surgery. This means no food or beverage of any kind including water. This is for your safety. Medicine that needs to be taken such as, blood pressure medicine, etc. may be taken with a very small sip of water. If you have any questions please call the office the day before your surgery.
4. Please do not wear any jewelry or watches.
5. Patients having sedation or general anesthesia need to have an adult driver who will stay in the office (waiting room) during the entire procedure.
6. Please wear short sleeves, comfortable clothes.
7. Patients who wear fingernail polish - the polish may need to be removed on one finger, if it interferes with monitoring during anesthesia

### Remember:

Nothing to eat or drink 8 hours before your appointment.  
Your ride must come with you & stay. *Thank you!*

*\*Cancellations with less than 24 hours notice may incur a service charge\**

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## **AFTER ORAL SURGERY**

Foods for your consideration:

*\*You may eat whatever you like as long as it is comfortable\**

Avocados  
Bananas  
Cottage Cheese  
Yogurt  
Cream of Wheat  
Oatmeal  
Soft boiled eggs  
Soup (test temperature)  
Jello/pudding  
Instant breakfast, Ensure, Jamba Juice – get plenty of fluid intake!

## **EXAMPLES**

### **Breakfast**

Cream of Wheat or Oatmeal  
Scrambled Eggs  
Pancakes  
Juice or smoothies

### **Lunch**

Refried Beans  
Macaroni and Cheese  
Soup

### **Dinner**

Pasta with sauce  
Macaroni and Cheese  
Soup with crackers  
Mashed potatoes  
Sweet potatoes

### **Snacks**

Yogurt  
Juice Bars  
Jamba Juice  
Cottage Cheese  
Apple Sauce  
Jello/Pudding