



PRE-OPERATIVE INSTRUCTIONS

Your comfort and well being are of the utmost importance to our practice. Please review and strictly follow the enclosed instructions on the day of your surgery.

1. Please do not eat or drink anything (including water) for six hours prior to your surgery, avoid heavy meals the night before surgery.
2. If you take daily prescription medications, please take your medications (with just enough water to swallow them) according to your medical doctor's directions unless our doctors advise you differently. Medicines taken for diabetes to lower blood sugar should not be taken before the surgery unless indicated by our doctors.
3. A responsible adult must accompany you for the surgical procedure and accompany you home. Your driver must **come** into the office and be present during surgery.
4. If you have an artificial joint, a heart valve replacement, heart murmur, or a prolapsed heart valve, take your antibiotic pre-medication according to your physician's recommendations.
5. Minors must be accompanied by a parent or legal guardian.
6. Clean your teeth and mouth prior to surgery.
7. Wear loose fitting clothes and a shirt with short sleeves. Flat comfortable shoes are recommended.
8. Contact lenses are not to be worn during surgery.
9. Ladies – If you think or know you are pregnant, please contact the office to discuss the proposed treatment and medications.
10. Do not take any sedatives or narcotic pain medicine in the morning of surgery unless specifically advised by our doctors.

If you have any questions regarding your surgery, medication, diet, and protocols of treatment **PLEASE** call us prior to your surgery date to have those questions answered at (951) 471-3334 or (951) 698-4681. We look forward to serving you and providing you with the highest caliber of advanced and compassionate surgical care.