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## PRE-SURGICAL INSTRUCTIONS

### Intravenous Sedation:

1. Six to eight hours or the night prior to your surgery time, a meal containing healthy foods should be eaten. **DO NOT EAT 6-8 HOURS BEFORE APPOINTMENT!**
2. All routine medications should be taken as prescribed unless specified by your doctor or dentist.
3. If you are having a SINUS LIFT take your pre-medication (antibiotic and Motrin), if prescribed, with clear liquid starting 2 DAYS prior to surgery time. Be sure to continue medication after surgery as needed and prescribed. Please finish entire prescription of antibiotics. Please abstain from alcoholic beverages 24 hours prior to surgery, and while taking pain medication.
4. Please rinse thoroughly with Peridex for one full minute one (1) hour prior to surgery. Then do not rinse again until the day after surgery.
5. Please purchase AFRIN nosespray and use it as directed the Day Before Surgery. Keep it b/c you will use this after surgery as well per your post-op instructions that will be given to you.
6. Please wear short sleeves or no sleeves and it is suggested that pants be worn as well as comfortable flat shoes. Please, no one piece outfits; remove fingernail polish for our blood oxygen monitor. Contact lenses must be removed before the anesthetic is administered. Leave all valuables at home.
7. A responsible adult must accompany the patient or arrangements must be made to contact a responsible person at the time of discharge. Do not plan to drive a vehicle, operate potentially dangerous equipment, or make any important decisions for a minimum of 24 hours following intravenous sedation. You will not be allowed to take a Bus or Taxi. A responsible adult should be with the patient until the next day. After returning home, the patient should rest for the first day and be carefully watched. Resting on the couch or in bed will prevent nausea... being overactive will possibly induce nausea.
8. A change in your health, especially the development of a cold or fever, is very important. For your safety, you may be re-appointed for another day. If possible, inform the office of any change in health immediately.
9. Due to the amount of time-consuming preparation required for surgery, 72 hours notice will be required to change appointments! Notices less than 72 hours will result in a charge for the time involved.
10. Depending upon the procedure performed, you may experience some pain or discomfort. Take your prescribed medication as directed to minimize or eliminate this problem.
11. The first drink should be plain water. Sweet drinks can be taken next (fruit juice or Gator-Aide). Small drinks should be taken repeatedly. Food may be taken when desired; it should be soft and not hot. At first liquid meals are preferred.
12. A small percentage of all patients experience post operative tenderness and/or redness in their hand or arm which is a chemical phlebitis associated with intravenous infusion. If this occurs, please contact our office. To prevent phlebitis all patients should keep the arm that had the intravenous line elevated and warm, moist heat as much as possible. If phlebitis does occur, the patient should take an anti-inflammatory agent.
13. Please contact the office if vomiting persists beyond four hours. If a temperature remains elevated beyond 24 hours. Or if any other matter causes concern
14. If patient leaves with heart monitor leads still on skin you may remove by hot soapy shower or rubbing alcohol.

15. If you are breast feeding consult with your OBGYN before procedure on when to stop breast feeding and when to start again following procedure.

### INSTRUCTIONS FOR DIET FOLLOWING SINUS LIFT

It is most important that you maintain a nutritious diet during the weeks of healing. The patient who maintains a good diet of soft foods generally feels better, has less discomfort, and heals faster. The foods listed below are planned to provide the adequate vitamins and minerals. **FOOD CONTAINING TOMATOES, ONIONS, PEPPERS, OR SPICES OF ANY KIND WILL BE IRRITATING AND SHOULD BE AVOIDED.** Fruit juices may cause a burning sensation unless taken through a straw. However, don't use a straw the first 24 hours.

#### BREAKFAST

Milk, hot chocolate, ovaltine, tea, coffee, instant breakfast, or protein drinks. Fresh juice taken through a straw, stewed fruits, prunes or similar fruits should be well mashed. Cooked cereals, oatmeal, Cream of Wheat, grits with butter, milk toast.

#### LUNCH AND DINNER

Home cooked broth, bouillon, and soups. Ground beef- soft broiled and broken into small pieces mixed with whipped potatoes.

Baked or stewed fish (or fried fish with crust removed).

Broiled or stewed chicken (finely chopped) or fricassee.

Oyster stew, chicken noodles or dumplings, eggs as above.

Potatoes- baked, boiled or whipped; asparagus, English peas, carrots, lima beans, string beans (all mashed).

Cottage cheese, cream cheese, cheese soufflé, canned pears, baked apples, fresh vegetable juices (may be obtained at health food stores), cooked meat and vegetable juices, puddings, Jell-O or custards. Bread should be softened with vegetable juice or milk. A blender may be used to liquefy foods.

Ensure, Carnation Slender, Sego, or a protein drink 3 OR 4 TIMES DAILY, either added to meals or as in-between-meals snack will aide in faster healing. Also cottage cheese or yogurt is good for added nutrition. If vitamins have been prescribed, take as directed. Taking vitamins B, C and E complex is a good idea during the healing phase.

**REMEMBER:** You may eat any soft foods that do not irritate the surgical site. You may chew if it is not too uncomfortable to do so.

**IMPORTANT:** A hungry person becomes irritable and nervous. It has been scientifically proven that a patient in this state is more susceptible to pain. The importance of a good diet cannot be over stressed, especially following surgery.

The antibiotics prescribed for you tend to alter the good bacteria in your gastro-intestinal tract. Eating yogurt with active cultures during the post surgical weeks will help restore balance and help make you feel better.

**EAT WELL AND YOU WILL FEEL WELL.**