



Oral and Maxillofacial Surgery

PRE-SURGICAL INSTRUCTIONS

Do:

- Please visit www.oceanoms.com to answer any questions and for complete instructions.
- Please have Naproxen (Aleve) or Ibuprofen (Advil) available.
- Please have Gatorade, Coconut Water or "Electrolyte Drinks" available.
- Please have soft foods (pudding, apple sauce, smoothies, scrambled eggs, oatmeal, soup, etc.) and ice available.
- Please wear a short sleeve shirt.
- Please arrive 10 minutes prior to your appointment time to fill out paperwork.
- Please have a driver accompany you to the office, be available to receive instructions, drive you home, and take care of you for the entire day.

Do Not:

- Please do not eat or drink anything (not even water) 8 hours prior to surgery. (Except antibiotics if advised)
- Please do not wear perfume or cologne.
- Please do not wear flip flops or long sleeve shirts.
- Please do not wear nail polish, gel, or acrylic nails.
- Please do not bring any valuables with you. Leave all valuables (watches, earbuds, iPods, phones, jewelry, etc.) at home or with your driver.