

Mark K. Holcomb, DDS
Clear Lake Oral and Maxillofacial Surgery

Pre-Operative Instructions

With the aid of sedation your oral surgery will be congenial. The intravenous (IV) medication will be given in your arm, and in most cases a local anesthesia will be given.

It is absolutely essential that you bring a responsible adult with you who will remain in the waiting room during your surgery. Your ride should be prepared to be here for approximately 1 – 2 hours. If this person is not with you, we will not be able to start your surgery. The person accompanying you must be prepared to drive you home and remain with you for the remainder of the day.

If surgery is in the morning, do not eat or drink anything after midnight the night prior to surgery. If the appointment is in the afternoon, **do not eat or drink anything six hours prior to surgery.** If medication is required prior to surgery, it may be taken with a small sip of water.

If you are a child or legally a minor (under 18 years of age), a parent or legal guardian must be with you.

For your own comfort a **liquid diet should be maintained for two hours after surgery** and soft foods for the remainder of the day. **You may want to have some of the following foods on hand:** soup broths, instant potatoes, applesauce, puddings, Jell-O, ice cream, Popsicles, Italian ice, sorbets, pastas, instant cereals such as oatmeal, malt-o-meal or cream-of-wheat. For the first 24 hours after surgery, **DO NOT use a straw and avoid** foods such as **nuts, rice or popcorn**, which may get lodged in the surgical site(s). **Do not drink carbonated beverages for the first 48 hours (unless instructed to do so).**

Please wear loose fitting, comfortable clothing with short sleeves and comfortable shoes. Please leave your jewelry and other valuables at home. Do not wear a tight collar, necktie or high heels. False eyelashes, colored fingernail polish or contact lenses should not be worn. However, if you must wear contact lenses, please bring a case or holder in which to place them.

Good oral hygiene is essential for proper healing. Please brush, floss and rinse well with warm salt water prior to your surgery.

Your surgery could take 30 minutes to 1 hour. As soon as you are awake and alert you will be allowed to go home. The profound effects of the anesthesia should wear off during the remainder of the day. However, you should go home and stay in bed for the remainder of the day because of the residual effects of the medicine. **The patient should not drive for 24 hours after IV anesthesia; therefore, you will need a ride home from the office.**

Please **park on the south side of the building** in the area that says “Patient Loading and Unloading – All Others Will Be Towed Away”. These designated parking spaces are for our patients – you will not be towed.

If you have any questions, please feel free to call us at **281-338-7700**