



BEFORE YOUR SURGERY

- ☐ Discontinue all supplements, fish oil, turmeric, green tea and energy drink usage 2 weeks before your surgery. Failure to discontinue causes bleeding that compromises surgical outcomes and increases the risk for post-operative complications and excessive bruising.
- ☐ Bring any oral appliance that you wear with you to your surgery visit. (Ortho retainers, night guards, partials, etc.)
- ☐ Put away any power toothbrush or water floss devices, as you will not be able to use these until you are cleared at your post-op or re-eval appointment. Using these devices will compromise surgical outcomes.
- ☐ Take antibiotic pre-med for joint replacement or heart defects as directed by your physician one hour before your appointment.
- ☐ If you are concerned about maintaining good gut health while taking antibiotics, we can dispense a pharmaceutical grade probiotic.
- ☐ For patients on anticoagulant therapy, follow direction of your physician and or clotting clinic to hold blood-thinning medication as directed to prevent excessive bleeding during and after your surgery.
- ☐ Eat a light meal 2 hours before your dental surgery.
- ☐ Oral sedation patients eat a light snack prior to taking your medication. Take prescribed medication as directed by Dr. Nygaard. Patients must have a driver to and from the appointment.
- ☐ General Anesthesia Patients:
NPO Instructions – NPO is a medical term for “Nothing by Mouth”. It is very important to adhere to the fasting guidelines established by the American Society of Anesthesiologists. If your stomach is not empty, you may vomit and aspirate stomach contents into your lungs. For this reason we recommend to not consume food after midnight. Dr. Pester’s office will contact you prior to your surgery with further instructions.
- ☐ Diabetic Patients: Take ½ dose of your diabetes medication with a light meal (toast or a small bowl of cereal) at your regular mealtime, regardless of the time of your surgery.

Failure to follow these directions may require your surgery be rescheduled to ensure your safe care or result in less than optimal outcomes.