

Preoperative Instructions: Wisdom Teeth Removal with Sedation

Seven to Ten Days Before Surgery:

Do not take any aspirin or ibuprofen. Tylenol is recommended if necessary.

Three Days Before Surgery:

- Start rinsing with Peridex mouth rinse 2 times a day, after breakfast and before bedtime. First brush your teeth then rinse with ½ oz. of Peridex for 60 seconds, then put nothing in your mouth for 60 minutes following rinsing. You should also use this rinse for one week following the surgery. You should use this rinse the morning of your surgery.
- Start drinking EXTRA water and fluids to get well hydrated. Your urine should look lighter in color which indicates that you are well hydrated.

Day Before Surgery:

- Have a regular dinner and if you wish have a small snack in the early evening. Brush your teeth and use the mouthwash (Peridex) before bedtime. **Put nothing in your mouth after midnight**; this includes food, drinks, gum, mints, water, etc.
- Make sure you have soft cold foods such as yogurt, ice cream, pudding, milkshakes, applesauce and Jell-O in the house for after the surgery. Have plenty of ice cubes available to make ice packs.

Day of Surgery:

- If you have an inhaler for asthma, please bring it with you to your surgery.
- Wear a short sleeve shirt and sneakers. Wear comfortable pants. For your safety after surgery, DO NOT wear flip-flops or high heels to the surgery appointment.
- Please brush your teeth (but do NOT swallow any water). Use Peridex as directed.
- Do not wear contact lenses to your surgery appointment. Wear your glasses instead.
- Please remove all fingernail polish.
- A responsible adult must drive/accompany you to the office, remain in the office the entire time of the procedure, and drive you home. An adult must stay with you for a minimum of 4 hours after you get home. The patient should not drive a vehicle nor operate any machinery for 24 hours following the anesthesia experience.