

## **PRE SURGICAL INSTRUCTIONS**

1. ***Eat lightly*** more than one hour before surgery. Do not come in hungry. Try to eat a starch or sugar such as cereal, bread, muffin or fruit.
2. ***Please brush and floss.***
3. ***Don't take Aspirin*** or any products containing aspirin seven (7) days prior to the surgery. Please check with your physician before doing this. Also stop taking Vitamin E, Ginger, Garlic, GINKGO BILOBA one (1) week prior to the surgery.
4. If you are taking **blood thinning medications**: Coumadin, Warfarin, Plavix, Effient Proxal, Eliquis or Xarelto, it is **VERY IMPORTANT** that you discuss with Dr. Wendt how these medications should be discontinued prior to the surgery. Your physician should also be consulted.
5. Do not drive or consume alcohol while taking Valium, Vicodin, Vicoprofen, Percocet, Percodan, Demerol, Lortab, Tylenol with codeine or any sedative or pain relieving narcotic medication for a minimum of 12 hours after the last dosage. Call our office with any questions.
6. If you have any had head or neck radiation or have taken medicine for osteopenia or osteoporosis, examples (Fosamax, Boniva, Actonel, Prolia) please discuss this with Dr. Wendt prior to the surgical appointment.
7. Have ice packs and soft foods ready at home. Do not drink hot liquids the day of surgery. Written post-operative instructions will be given to you after surgery.
8. We keep the office cool, so dress warmly. Feel free to bring your earplugs/headset with you.
9. We know you may be anxious, nervous or scared. This is perfectly normal. We promise to do everything possible to make you comfortable.