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*Implant, Esthetic and Reconstructive Dentistry*

## **Instructions Prior to Oral Surgery**

### **Medical History:**

- It is important that you have supplied the office with an up-to date current Medical History to be reviewed prior to your surgical procedure. It is for your safety and best results from treatment.

### **Sedation:**

- If you wish to take an oral sedative prior to your surgery, this must be discussed in advance of your surgery appointment. You will need someone to collect you from the office and drive you home and stay with you until the effect of the medication wears off after your surgery.

### **Medications:**

#### **Over the Counter:**

- Discontinue Aspirin and any medications containing Aspirin for 7 days prior to your surgical appointment, unless otherwise advised by your physician. –
- Discontinue Advil or any other nonsteroidal anti-inflammatory medication 7 days prior to your surgical procedure.
- Discontinue Vitamin E 7 days prior to your surgical procedure.

#### **Prescribed Medications:**

- Take all routine medications as directed by your physician unless otherwise advised.
- Take any prescribed antibiotic as directed, report any complications to the office.

### **Preparation:**

- Eat a light meal prior to your surgical appointment.
- Avoid heavy or greasy foods.
- Plan to rest at home for the remainder of the day of your surgical appointment.

### **Following Surgery**

- You should have cold liquids for your next 3 meals.
- Protein shakes, ice cream, and yogurt are good choices.
- Ice packs may need to be available for the first 24 hours as well.