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PRESURGICAL INSTRUCTIONS

1. **Discontinue aspirin** and any medications containing aspirin for 1 week prior to your surgical appointment, unless instructed by your physician not to discontinue this medication.
2. **Discontinue Advil** or any other non-steroidal anti-inflammatory medication one week prior to your surgical appointment. You may substitute Tylenol for these medications.
3. Inform this office if you are taking any other anticoagulant medication, i.e., Plavix, Coumadin, etc.
4. Take any prescribed antibiotic as directed for heart murmur or mitral valve prolapse. If our office prescribes an antibiotic for your surgical treatment, please start taking it the morning of your surgical appointment.
5. Take all routine medications as directed by your physician. Please inform this office of all routine medications you are currently taking.
6. Please inform this office of all allergies to medications.
7. Plan to rest at home the remainder of the day and the following day after your surgical appointment.
8. Following surgery you should have cold and soft foods for your next 3 meals. Protein shakes, Jamba Juice, Ensure, ice cream, and yogurt are good choices. We will supply a list of suggested foods.
9. You will be able to drive yourself home after surgery if surgery will be done with local anesthetic only. **If you wish to take an oral sedative, such as Halcion or Valium or if your surgery is with IV Sedation, you must have someone drive you home.**