

# PRE-OP (SURGERY) INSTRUCTIONS FOR SEDATION PROCEDURES



Russell K. Kirk, DDS  
**TENNESSEE**  
IMPLANT & ORAL SURGERY

- 1) Nothing to eat or drink (including water) 8 hours before your procedure.
- 2) Take all regular medications as directed and approved by Dr. Kirk, with a small sip of water.
- 3) If you are on a daily regimen of aspirin or blood thinners, please notify us.
- 4) Do not drive or operate any machinery for 24 hours after your procedure.
- 5) Wear comfortable, loose clothing. No make up, jewelry or pony tails.
- 6) If you are to be sedated, please have a responsible person (at least 18 years of age) with you to drive you home. You will need someone to stay with you for several hours after the procedure.
- 7) Patients under the age of 18 **MUST** have a **Legal Guardian with them at all appointments.**
- 8) Stock your fridge with soft food items such as: yogurt, ice cream, soups, pudding, mashed potatoes or jello. You will need these items for the first few days after your surgery.
- 9) **Drink plenty of fluids such as Gatorade, tea, milk, juices, or water the day BEFORE your surgery** and following your surgery to stay hydrated.
- 10) Have ice packs on hand, at home, for after your surgery, (zip lock bags wrapped in a towel).