



BOB FOROOGHI, DDS
— General Dentist Providing Oral Surgery Services —

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PRE-OPERATIVE INSTRUCTIONS FOR DENTAL SURGERY

****VERY IMPORTANT INFORMATION—PLEASE READ CAREFULLY****

****COMPLETE ATTACHED PAGES 2 & 3**
& RETURN TO YOUR DENTIST PRIOR TO SURGERY**

1. If you have any concerns or questions about the surgery, please contact Dr. Forooghi at 310.666.7825 or by email at bob@bfdds.com.
2. I will be reviewing your medical history with you immediately prior to the surgery. Please be sure you are familiar with that information—especially with the name(s) and dosage(s) of any medications you are taking. If you feel your history is relatively complicated, we will need to decide if a consultation with your physician is necessary before the procedure is performed.
3. Patients who are minors (under 18 years of age) must have a legal guardian present to both fill out the “Medical History Update Form” and to sign the “Disclosure and Consent Forms.”
4. It is important to avoid smoking for at least one week before the surgery and one week following the surgery.
5. Keep in mind that it is best to allow for some flexibility around your appointment time on the day of your surgery. It is best not to “squeeze in” an appointment for surgery on an already busy day.

If you are having IV (intravenous) conscious sedation:

1. To reduce the chances of nausea, do not eat or drink anything (including water) for **at least six hours prior to your appointment.**
 - If your surgery is in the morning, do not eat or drink anything between bedtime and your scheduled appointment.
 - If your surgery is in the afternoon, a light breakfast before 7:00 a.m. is encouraged.
 - Unless specified by your dentist, all medicines taken on a routine basis should be continued without interruption. Please swallow with a minimal amount of water.
2. **A responsible adult, over 18 years of age, should accompany you to the office and should remain in the office during the entire procedure. Following the sedation, this responsible adult should be physically capable of assisting and accompanying you home and should remain with you for the next 24 hours.**
3. If receiving intravenous sedation, you should wear clothing that is not restricting to the neck or arms. Loose-fitting clothes with sleeves that can be rolled up to the shoulder are preferred. Also, please be sure to wear shoes that are securely fastened; no flip-flops or loose-fitting sandals.
4. Following the sedation, you should refrain from driving an automobile or engaging in any activity that requires alertness for the next 24 hours.
5. There are important differences between general anesthesia (being completely asleep) and IV conscious sedation. If you have any questions about the IV conscious sedation process, please feel free to contact Dr. Forooghi at 310.666.7825 prior to the procedure.

NOTE: Additional pre-operative information can be found at www.bfdds.com. I recommend you preview the “Disclosure and Consent Form” on the website, or you can request a copy from your dentist.