



Pre-Operative Instructions

DAY OF SURGERY

- Feel free to bring your iPod or a favorite DVD to listen to/watch during treatment
- Wear comfortable clothing so you can easily relax
- Please arrive at your scheduled time. In order to provide you with the highest quality of care an hour and half or longer has been reserved for you, we kindly ask for 48 hours notice if you need to reschedule

MEDICATION

- If you take daily medications and the doctor has instructed you to stop taking any of them prior to treatment (such as blood thinners), please make a reminder to yourself of when to stop
- If you normally pre-medicate with antibiotics (due to artificial joints/heart problems) for dental procedures, please remember to do so as usual
- Medications for post-op care will be provided, if a prescription is needed we can call or fax it into your pharmacy, be sure to have current phone numbers

EATING/FOOD

- Make sure you have eaten a good meal, local anesthetic (novocaine) is used, so it is safe to eat and recommended because you may be given medication and your mouth can remain numb for an hour so after you leave
- Be prepared to eat a soft/cool diet the first 24-48 hours after treatment

DRIVING

- Unless instructed otherwise, you will be able to drive yourself home, however if you feel more comfortable to bring someone with you, they are welcome to wait in our office or we can call them to pick you up when you are ready to leave

EXERCISE

- Plan to discontinue all exercise or physically strenuous work/activity for 48 hours after treatment

POST-OP CARE

- After treatment, the assistant will go over post-op instructions with you and a printed copy will be provided for you to take home

** Please do not hesitate to call with any questions or concerns. The office number is **301-656-6424** and after hours Dr. Matin can be reached at **202-422-6262** **