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Soft Tissue Grafting Presurgical Instructions

1. Discontinue aspirin and any medications containing aspirin for two weeks 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. Discontinue Vitamin E one week prior to your surgical appointment.
4. Inform this office if you are taking any other anticoagulant medication, i.e., Plavix, Coumadin, etc.
5. Take any prescribed antibiotic as directed for heart murmur or mitral valve prolapse. If our office prescribes an antibiotic for our surgical treatment, we ask that you start taking it the day prior to your surgical appointment.
6. Take all routine medications as directed by your physician. Please inform this office of all routine medications you are currently taking.
7. Please inform our office of any allergies to medications.
8. Plan to rest at home the remainder of the day and the following day after your surgical appointment.
9. Eat a light meal prior to your surgical appointment. Avoid heavy or greasy foods.
10. Following surgery you should have cold liquids for the next 24 hours. Protein shakes, Ensure, ice cream and yogurt are good choices.
11. You will be able to drive yourself home after surgery, but you may wish to arrange for someone else to drive you home. 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.

Patient Signature

Date