**\*Fasting:** Take only your prescribed medication, NOTHING to eat eight (8) hours prior to surgery and nothing to drink four (4) hours prior to surgery. It is ok to take your prescribed medication with small sips of water only (½ cup or less to meet fasting requirements) unless directed otherwise by Dr. Sparks. **Taking the antibiotic as directed is vital to the success of your procedure, start 2 hours before dental appt.** No alcoholic beverages nor unprescribed medications 24 hours prior to surgery.

**Hydration:** Please hydrate well the day prior to the procedure by drinking eight glasses of water throughout the day.

**\*Transportation**: **DO NOT attempt to drive for 24 hours following your dental procedure. Please make arrangements to have a responsible able-bodied adult drive you to your procedure and home after (Uber or Taxi services are not acceptable to take you home). We request you inform your ride they may leave but please stay within 5 minutes from the office. It is vital to your safety for your driver to stay with you at home following the procedure. Oral sedation medication can cause dizziness, memory loss and decreased motor skills for several hours. We recommend your driver stay with you for at least 2 hours (or on occasion longer) following your appointment. Your driver should be physically capable of assisting your walking, etc.**

**Dress:** Wear loose comfortable clothing with short sleeves, or sleeves that are very loose and can be pushed up easily. Remove earrings, watches, jewelry, and contact lenses before your appointment.

Diet: For the first 24 hours be prepared for very soft or liquid foods (ex: ice cream, jello, pudding) that are cold or room temperature. After 24 hours, be prepared for warm soft foods. Anything you can easily cut with a dull knife should be ok. Nothing with SEEDS, or NUTS until advised.

**Ladies**: - Please remove nail polish or artificial nail from index (pointer) fingers for monitoring of your vital signs during surgery. Please refrain from using make-up around your mouth on the day of surgery. Prior to surgery, please remove lipstick.

**Smoking:** Please refrain from smoking for as long as possible. Minimum of 48 hours. Smoking greatly increases the risk of the periodontal surgery failing.

\*Please tell us if it is difficult to locate a vein, or you have a fear of needles, or a tendency to faint.

Inform us of any changes in your medical status and/or new medication prior to your appointment**. Failure to follow these instructions could result in postponement of your surgery**. If you have any questions or concerns, please do not hesitate to call us.

Please bring to your appointment any partial, denture, or appliances.

You will need Ibuprofen (200mg tablets) and Regular Strength Tylenol (325mg tablets) for pain management after. We will give you instructions for use at your appointment. If you are having a sinus lift you will need Afrin nose spray and Benadryl (25mg) tablets for post operative care.