

PRE SURGICAL INSTRUCTIONS

Thank you for trusting us with your care! To help you feel comfortable and prepared, please carefully review and follow the instructions below. If you have any questions, don't hesitate to contact us at our **West Palm Beach office at 561-967-0476** or our **Boynton Beach office at 561-734-2001**.

- **Current medications:** Continue taking your regular medications unless instructed otherwise.
- **New prescriptions:** Please pick up your prescriptions prior to your surgical appointment and bring them to your procedure. If the pharmacy has not received the required prescriptions within 3 days of the appointment, please contact our office.
- **Blood thinners:** If you take blood thinners (e.g., Coumadin, Plavix, Eliquis), **do not stop taking them unless we and your prescribing physician have specifically instructed you to do so.** We will communicate with your physician to determine if pausing these medications is safe. In many cases, patients are advised to pause these medications two days prior to the surgical procedure and restart two days after the procedure. **However, this must be confirmed with your physician.**
- **Premedication:** If you have been given a pre-medication protocol due to a recent heart condition or joint replacement, please take the prescribed antibiotics 1 hour prior to your appointment.
- **Medrol dosepak:** If you have been prescribed a Medrol dosepak to reduce post-operative swelling, please begin taking the medication as instructed 1 day prior to your procedure.
- **StellaLife Recovery Kit:** For certain procedures such as gum grafts or ridge augmentations, our office uses StellaLife recovery kits to support healing and enhance comfort. Each kit includes a spray, rinse, and gel, which should be used as follows:
 - **Spray:** Begin 3 days before surgery. Spray 4 times under the tongue, 3 times daily.
 - **Rinse:** Begin 3 days before surgery. Rinse gently for 30 seconds, 3 times daily. Continue this routine after surgery, starting the evening of your procedure.
 - **Gel:** Begin 3 days before surgery. Using a clean Q-tip, apply the gel directly to the surgical site at least 3 times per day. Avoid eating or drinking for 20 minutes after application to allow for optimal absorption.
- **Oral Sedation:** Take one tablet the night before the procedure so you get a good night's sleep. Then, take one tablet 1 hour prior to your appointment. **Bring the third tablet to the office for your appointment where we will determine if it is necessary.** You must have a trusted driver accompany you to and from the office.
- **Clothing and Comfort:** Wear loose, comfortable clothing with sleeves that can be easily rolled up. Avoid wearing makeup, lipstick, perfume, or cologne.