



Otis R. Washington, D.D.S., M.S., PA

Diplomate of the American Board of Periodontology

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PREPARING FOR SURGERY:

1. You may drink a **limited** amount of water to take any necessary medications. Nothing to eat for at least 6 hours prior to surgery if IV sedation is planned.
2. Wear loose and comfortable clothes. Be sure that you wear short sleeves or a shirt where the sleeves can easily be rolled up past the elbow.
3. Do not wear fingernail polish or lipstick.
4. You **must have a ride wait for you in the waiting room** during the entire surgical procedure or we **will not** perform the surgery.
5. Be sure to drink **plenty of fluids** beginning two days prior to scheduled time.
6. Please tell Dr. Washington if you have ever had trouble with IV sedation, giving blood, or having blood drawn.

AFTER SURGERY:

1. Rest at home for the remainder for the day. **DO NOT DRIVE!!** Plan to take the next 1 or 2 days off from work or school.
2. Eat soft foods for the first 24 hours following surgery. Examples are ice cream, jello, pudding, yogurt, etc. **DO NOT** drink through a straw.
3. Apply ice packs intermittently (20 minutes on, 10 minutes off) to your face on the first day to decrease swelling as directed by doctor.
4. **DO NOT** rinse your mouth, brush your teeth, or spit forcefully on the day of surgery. **DO NOT** smoke. **DO NOT** drink alcohol while on prescribed pain medications.
5. Please call Dr. Washington if you have any questions or concerns.

Sign _____ Date _____

Office Hours
Monday – Thursday 8:00-5:00 pm

Dr. Washington After Hours
919-604-4765