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PREOPERATIVE INSTRUCTIONS

Disclaimer: These instructions are for general information and might not be specific to your particular case & needs. For more specific personal instructions pertaining to your individual care, please call us at any time and we look forward to assisting you.

1. **Day of Surgery: Nothing** to eat or drink, including water, after midnight the night before surgery.
2. You must be accompanied by a responsible adult to drive you home. Your driver must remain in the office during your entire stay. He or she will be given instructions for your postoperative care and should be able to stay with you for at least four hours at home.
3. Take any regular medications as you normally would (i.e., heart medication, blood pressure pills, etc.) unless instructed otherwise by the doctor. If you take medication for diabetes or medication that thins your blood (including aspirin) you will be given special instructions.
4. **No make-up, nail polish, or contact lenses please**. Clothing should be loose and comfortable with a short sleeve blouse or shirt, no pantyhose, stirrup pants, or boots. No jewelry or other valuables should be worn or brought to the office the day of surgery as MOSAIC cannot be responsible for personal items.
5. You will need to have cold soft foods at home during your post-surgery recovery such as ice cream, Jell-O, pudding, yogurt, applesauce, cottage cheese, etc.
6. If you are experiencing symptoms of cold/flu such as nasal/sinus congestion and phlegm production prior to your surgery date, please notify us. Your procedure may need to be rescheduled.
7. Due to HIPAA regulations no cell phones or recording devices are permitted in the exam/operatory rooms.

Your cooperation is required for your safety and comfort. If you have any questions please feel free to call us.

2/13/2020