Pre-Surgical Instructions

1. Please fill all prescriptions at your pharmacy prior to the day of surgery. Bring these medications with you to your surgical appointment. **Please note that some medications may need to be started the day before or morning of the procedure.**
2. For morning surgeries, eat a light breakfast prior to taking any medications.
   For afternoon surgeries, east a normal breakfast and a light lunch along with any medications.
3. Wear comfortable attire for the procedure.
4. Bring a pillow with you in the car if you plan on resting on the drive back home.
5. Prepare to have ice packs ready when you get home.
6. If you are currently taking an anti-coagulant medication (blood thinner), please inform Dr. Recker as it may be necessary to adjust the dosage prior to the procedure (with consultation from your physician).
7. If you are diabetic, you should follow your regular diet unless instructed otherwise by your dentist or physician.
8. If prescribed oral antibiotics and you are on contraceptive medications, please be aware that the antibiotics may interfere with the effectiveness of the contraceptive. You should plan to use an alternative form of contraception until your next cycle.
9. If you are having certain bone or soft tissue grafting completed, please be aware that you may not be able to donate blood for 12 months. Contact your blood donation center for more details.
10. Please discontinue the following medications (unless stated otherwise by Dr. Recker or your physician) as they have been associated with an increased risk for bleeding:
    - Aspirin should be discontinued 7 days prior to surgery. You may resume 2 days following the procedure **(unless your physician prefers you stay on the aspirin).**
    - Herbals supplements such as: Garlic, Ginger, Ginseng & Ginkgo Biloba should be discontinued 2 weeks prior to treatment. You may resume 2 days following the procedure.
    - Vitamin E (>400 IU) should be discontinued 2 weeks prior to surgery and may be resumed 2 following the procedure.