JACKSONVILLE
SURGICAL ARTS
ORAL AND MAXILLOFACIAL SURGERY

95 JAIDEV RD BLDG 10, #101
ST JOHNS, FL 32259
P: (904) 820-8956 | F: (904) 820-8957

PRE-OPERATIVE INSTRUCTIONS

Prior to Tooth Removal

ABOUT YOUR PROCEDURE

- Please inform our office of any changes to your medical history, including new diagnoses, hospitalizations, or surgeries since your last visit.
- Provide a complete list of all medications you are currently taking, including prescription drugs, over-the-counter medications, vitamins, herbal supplements, and blood thinners.
- If you have any known allergies to medications, latex, or anesthetics, please notify our office in advance.
- If you have a heart condition that requires antibiotic premedication (such as a prosthetic heart valve, history of endocarditis, or certain congenital heart conditions), please confirm with our office that your prescription has been arranged. Take the antibiotic exactly as directed, typically 1 hour before your appointment.

MEDICATIONS

- Continue taking all regular medications as prescribed unless specifically instructed otherwise by your doctor or our office.
- If you take blood thinners (such as warfarin, Eliquis, Xarelto, Plavix, or aspirin), do NOT stop taking them unless specifically directed by the prescribing physician in coordination with our office. Stopping blood thinners without medical guidance can be dangerous.
- If you take bisphosphonates (such as Fosamax, Boniva, Actonel, or Prolia/Xgeva), please inform our office, as special precautions may be needed.
- If you are diabetic and take insulin or oral diabetes medication, please contact our office for specific instructions about adjusting your medication, particularly if fasting is required for sedation.
- If you use a steroid inhaler or take oral steroids (such as prednisone), please inform our office, as supplemental dosing may be necessary.

THE DAY BEFORE YOUR PROCEDURE

- Do not consume alcohol for at least 24 hours before your appointment.
- Get a full night of rest.
- Arrange for time off from work or school on the day of your procedure and, if possible, the following day.
- Fill any prescriptions provided by our office (such as antibiotics, pain medication, or mouth rinse) so they are ready for use after your procedure.
- Purchase soft foods for your recovery, such as yogurt, applesauce, soup, mashed potatoes, smoothies, and pudding.

THE MORNING OF YOUR PROCEDURE

- Eat a light meal 1–2 hours before your appointment (unless you are receiving oral sedation or IV sedation — in that case, follow the specific fasting instructions provided to you).
- Brush and floss your teeth before arriving.
- Wear comfortable, loose-fitting clothing. Avoid tight collars or turtlenecks.
- Leave jewelry, watches, and valuables at home.
- Arrive 15 minutes early to complete any remaining paperwork.

WHAT TO BRING

- A photo ID and your insurance card.
- A list of your current medications.
- Any prescribed pre-medications (antibiotics or sedatives) if not yet taken.
- Your inhaler, if you have asthma.
- A responsible adult driver, if you are receiving oral sedation or IV sedation.

SMOKING AND TOBACCO USE

- Do not smoke or use any tobacco or nicotine products (including vaping and chewing tobacco) for at least 12 hours before your procedure.
- Smoking significantly increases the risk of complications after tooth removal, including dry socket, infection, and delayed healing. Avoiding tobacco for at least 72 hours after your procedure is strongly recommended.

IF YOU ARE FEELING ILL

If you develop a fever, cold, sore throat, cough, nausea, vomiting, or any new illness before your appointment, please call our office as soon as possible. Your procedure may need to be rescheduled for your safety.

WHAT TO EXPECT

- The procedure area will be numbed with local anesthesia. You may feel pressure during the procedure, but you should not feel sharp pain. If you do, let us know immediately.
- Most simple tooth removals take 20–40 minutes. Surgical extractions or removal of multiple teeth may take longer.
- After the procedure, you will receive detailed post-operative instructions and any necessary prescriptions.

QUESTIONS?

If you have any questions or concerns before your appointment, please do not hesitate to call our office. We are here to help make your experience as comfortable and safe as possible.