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Pre-Surgery and Anesthesia Instructions

Please read these instructions carefully. Noncompliance *may* result in **cancellation** of your surgery.

1. **Do not eat or drink ANYTHING, including water for six hours prior to surgery.**
2. **Please bring someone with you that can wait in the reception room during surgery and drive you home and stay with you for the day. Sedated patients cannot be left alone the day of surgery or drive for 24-hours after sedation.**
3. **Do not** use marijuana for 24 hours prior to your surgery. Doing so will make your airways very irritable and result in poor tolerance of anesthesia.
4. If you were told to take an anti-swelling steroid, antibiotic, or other medication prior to surgery by Dr. Burnham or Dr. Stearns, please take them as directed.
5. If you **NORMALLY** take medications prescribed by your physician, you may take them with a small sip of water unless Dr. Burnham, Dr. Stearns or your physician specifically instructed you not to take them.
6. If you use an inhaler for asthma, please bring your inhaler with you to surgery.
7. Please wear **SHORT SLEEVES WITH LOOSE-FITTING ARMS**. Do not wear a one-piece garment. We need access to your arms and chest to monitor your vital signs and administer the anesthetic.
8. ***Vigorously brush your teeth and clean your mouth before surgery to help prevent a dry socket.***
9. Remove contact lenses and any jewelry before surgery. Please do *not* wear lipstick or foundation make-up, or perfume/colognes.

SUGGESTIONS TO HELP YOU HAVE A SUCCESSFUL SURGERY
AND A NORMAL RECOVERY

1. Stop smoking a day or two prior to surgery and **DO NOT SMOKE FOREVER AFTER SURGERY. IF YOU INSIST ON SMOKING, THE FOLLOWING MAY HAPPEN:** (Because the chemicals and gases in tobacco smokes contain ammonia, hydrogen cyanide, lead, nicotine, pesticides, radioactive polonium and many other deadly gases).
 - A. You will greatly increase and prolong your pain and healing time
 - B. You will have a 4 times greater chance of developing a “dry-socket”
 - C. You will significantly increase your chance of infection.
2. Suggested food to have on hand at home the day of surgery should include anything soft and non-spicy. Some examples would include puddings, ice cream, soup and yogurt. Suggested drinks would include ginger-ale, 7-up, fruit juices, Gatorade, milk, juice or instant breakfast.
3. Plan to completely rest the day of the surgery, have nothing planned that day, and make no major decisions.

If you have any questions, please call the office before surgery so we can answer them.