



PRE-OPERATIVE INSTRUCTIONS: ORAL SURGERY & ANESTHESIA

Please read these instructions carefully and follow them closely to help ensure a safe and successful surgery.

1. FOOD & DRINK (NPO GUIDELINES)

- **Do not eat or drink anything (including water) for at least 8 hours** prior to your scheduled surgery time.
- If you are scheduled for a morning appointment, **do not eat or drink after midnight** the night before.
 - If your surgery is in the afternoon, we will provide you with a specific cut-off time for eating and drinking.
- Failure to follow these guidelines may result in your surgery being **delayed or canceled** for your safety.

2. MEDICATIONS

- On the day of surgery, take any **medications we have prescribed for you**, as well as your **regularly prescribed medications**, with **small sips of water**—just enough to comfortably swallow pills.
- Unless otherwise instructed by Dr. Fryberg or your physician, **continue all regularly prescribed medications as normal**.
- **Do not stop or alter any medications** without direct instructions from our office or your prescribing physician.

3. PRESCRIPTIONS

- If Dr. Fryberg has prescribed you any of the following, please follow these instructions in addition to those printed on the medication label:
 - Antibiotic — Amoxicillin, Cefdinir, Clindamycin, Doxycycline, Metronidazole, Moxifloxacin, etc.
 - Start **2 days prior to surgery** and continue taking it until the prescription is **completed** (typically 5 days).
 - Antimicrobial mouth rinse — Chlorhexidine
 - Begin using it **2 days prior** to surgery, and continue for **1 week after** surgery.
 - Sedative/Anxiolytic — Valium (Diazepam)
 - Take 1 pill the **night before surgery**, and the 2nd pill **1 hour before** your scheduled appointment.
 - In order to comply with **state and federal regulations**, **pain medication cannot be prescribed until the day of the procedure**. This, along with any other **postoperative medications** you may need, will be discussed on your **surgery day as part of your discharge process**.

4. CLOTHING & PERSONAL ITEMS

- **Wear comfortable, loose-fitting clothing** with short sleeves or sleeves that can be easily rolled up.
- Remove **nail polish, makeup, eyelashes, lip balm, and contact lenses** before arriving.
- Do not wear **jewelry, perfume, or strongly scented lotions** on the day of surgery.
- **Leave valuables at home**—you will not need them at your appointment.

5. TRANSPORTATION & ESCORT

- You must have a **responsible adult (18 years or older)** accompany you to the office, stay during the procedure, and drive you home.
- Your escort must remain on-site during the entire surgery.
- **You may not take a taxi, Uber, or public transportation** home alone after anesthesia.
- You should not be left alone for at least 4-6 hours after the procedure.

6. MEDICAL CONDITIONS & CHANGES

- Notify our office if you:
 - Develop a **cold, cough, sore throat, fever, or congestion** before surgery.
 - Have any **recent hospitalizations, medication changes, or new diagnoses**.
 - Are currently or may be **pregnant**.
- These changes may impact your surgery or anesthesia plan.

7. SMOKING, VAPING, & ALCOHOL

- **Do not smoke or vape for at least 48 hours before surgery**—ideally longer. Smoking not only increases surgical and anesthetic risks but also impairs healing and compromises long-term outcomes. For your safety and the success of your procedure, we strongly recommend quitting as early as possible. If you are unable to quit completely, you must **abstain from smoking or vaping for a minimum of 48 hours prior to surgery** to reduce anesthetic risk.
- Avoid alcohol for at least **48 hours** prior to your procedure.

8. PREPARING YOUR HOME

- Plan to **rest the entire day of surgery**. Set up a **quiet, comfortable area** at home where you can relax and recover without interruption.
- Stock up on **soft, cool foods** (yogurt, smoothies, applesauce, scrambled eggs, etc.).
- Have **ice packs ready and available** at home to help manage swelling during the first **48-72 hours**.

9. ARRIVAL TIME

- Arrive at least **15 minutes before your scheduled appointment time** unless instructed otherwise.
- Allow extra time for traffic, parking, etc. Being late may result in your surgery being delayed or rescheduled.

10. IF YOU HAVE QUESTIONS

- For any questions, concerns, or to clarify any details regarding your upcoming procedure, call our office at **(623) 304-7701**.
- If after hours, you may contact **Dr. Fryberg** directly at **(310) 595-4903**. Scan the QR code below to save his contact information to your phone.



Following these instructions is essential to your safety and the success of your surgery. Thank you for trusting our practice with your care—we look forward to taking great care of you!