



# MYNSBERGE, RUGGLES & YANG

Oral, Maxillofacial and Dental Implant Surgery

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

## Directions Before Oral Surgery with Local Anesthesia/Nitrous Oxide

### THE DAY BEFORE SURGERY:

DO:	DON'T:
<ul style="list-style-type: none"><li>• Eat well balanced meals</li><li>• Drink plenty of fluids</li><li>• Get plenty of sleep</li><li>• Stock up on: <b>frozen peas</b> (to use as icepacks), <b>soft foods</b> (soups, pudding, jello, applesauce, mac &amp; cheese, mashed potatoes, smoothies, milkshakes, etc.), <b>fluids</b> (water, sports drinks, pedialyte)</li><li>• Have your <b>Rx's</b> and a <b>large bottle of over the counter Advil</b> (ibuprofen, 200 mg/tab) ready at home</li></ul>	<ul style="list-style-type: none"><li>• Exercise heavily</li><li>• Smoke</li><li>• Consume alcohol</li></ul>

### YOUR APPOINTMENT IS:

DAY: \_\_\_\_\_

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

If you need to cancel your appointment, please notify us **AT LEAST 48 hours prior** or **a \$175 cancellation fee will be charged**

### Estimated cost of surgery:

\$ \_\_\_\_\_

Your **estimated** co-payment **DUE DAY OF SURGERY:**

\$ \_\_\_\_\_