

KELOWNA  
**ORAL & FACIAL**  
SURGERY

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## Preoperative Instructions for Corrective Jaw Surgery (Orthognathic Surgery)

*For the safe treatment of the patient, the following pre-anesthetic instructions must be followed very carefully.*

### **FOOD AND BEVERAGES:**

- It is essential that the stomach be empty at the time of the anesthetic appointment.
- Do not eat any heavy meals (i.e. meat, fried or fatty foods), for at least 8 hours prior to your appointment.
- Do not eat any light meals (i.e. toast, clear fluids, infant formula or non-human milk), for at least 6 hours prior to your appointment.
- Do not drink anything, even water, for at least 4 hours before the anesthetic appointment.
- Do not drink any alcohol prior to treatment for at least 24 hours.

### **SMOKING / VAPING:**

Stop smoking 6 weeks prior to the procedure. (No smoking 6 months after the procedure.)

### **MEDICATIONS:**

Stop use of aspirin and Ibuprofen (Motrin, Advil) or Ibuprofen-like (Aleve, Naproxen) drugs *7 days prior to the procedure*. Do not take similar types of medicines called NSAIDS (Unless told otherwise by your other doctors, please inform us if this is the case).

Discontinue all herbal medications, including vitamin E, fish oil, etc. (except for a small daily multivitamin) 2 weeks prior to surgery. *A daily multivitamin is advisable to optimize healing. But do not take it the morning of surgery.*

- a. Take preoperative medications if prescribed (Take with a sip of water)
- b. Sedatives such as Valium may be prescribed to be taken the night prior to surgery.
- c. Take all regularly prescribed medications unless otherwise specified.  
If applicable, please stop or alter the following medications:

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**TRANSPORTATION :**

**A responsible adult must accompany the patient. This person must be able to drive because the patient will not be allowed to drive for 24 hours.** If the patient is discharged to go home, someone must watch the patient for at least 8 hours after the surgery. They cannot be dropped off and left alone.

**CHANGE IN HEALTH STATUS:**

If you have a severe cold, sore throat or sinus infection with excessive drainage prior to surgery, please call the office to inform your doctor. He may want to see you in advance of the procedure or reschedule until after you have recovered. If in doubt, please phone the office to discuss the change in health status.

**JEWELLRY / CONTACT LENSES:**

**No makeup or jewelry should be worn on the day of surgery.** In particular at least one fingernail should be without nail polish to facilitate monitor placement. Do not wear contact lenses.

**Brush, Floss and Rinse before surgery.**

***If you have any questions, please do not hesitate to ask them. It is important that you understand the circumstances surrounding this treatment.***