



MIKE WILLIAMSON  
DDS | MS

## PRE-OP INSTRUCTIONS

**MEDICATIONS** • Pain medication, antibiotics and other medications may be prescribed for you. Please follow the directions as indicated on the prescriptions. Notify Dr. Williamson if you are given a prescription for a medication you know you are allergic to or if you have an abnormal reaction to any of the medications you are given.

- ▶ Please be aware that some of the medications we will give you can negate the effects of oral contraceptives. If you are pregnant or nursing, please notify Dr. Williamson before taking any medications or before beginning any treatment.
- ▶ Please take all of your daily medications as regularly prescribed unless otherwise directed.
- ▶ Take 800mg of ibuprofen (Motrin or Advil) the night before surgery and 800mg again an hour prior to surgery — unless you have been instructed by your physician to not take ibuprofen, or you have a contraindication to taking ibuprofen.

**IV CONSCIOUS SEDATION / ORAL SEDATION** • If you are having IV conscious sedation or oral sedation, **do not eat or drink anything for 6 hours prior your appointment.** You must have a responsible adult drive you to and from your appointment and have someone who can be responsible for your care at home following your procedure. If you are having IV sedation, please wear loose clothing, preferably a short sleeved shirt, and avoid wearing finger nail polish the day of your procedure. If you normally take prescription medications in the morning or if you are given a prescription by our office to take prior to your surgery, take them with only a sip of water.

**DIABETICS** • If you are non-insulin dependent, do not take your normal medications until after surgery and after you have had a chance to have a meal. If you are insulin dependent, please request medication recommendations for your surgery.

**HOMEOPATHIC HEALING AID** • We recommend the use of Arnica Montana, a homeopathic medication, to accelerate healing. A value pack of Arnica Montana that contains Arnica cream and Arnica tablets can be found at People's Rx pharmacy. We advise the following regimen: Dissolve 5 pellets in the mouth 3 times a day and apply the cream 3 times a day externally as directed, beginning 2 days prior to surgery and continue until 3 days after surgery.