

Swan lake Dental Office
1 Mintleaf Gate, suite 9
Markham ON L3P 5X4
905.472.2091

PRE-OPERATIVE INSTRUCTIONS FOR SURGERY:

DR. DAVID BERNHARD

- Please wear loose fitting short sleeve shirt and comfortable clothing.
- Please wear flat soled shoes with ankle support like sneakers (no high heels).
- Please remove contact lenses, all jewelry, and watches before surgery.
- Please do not apply make-up, perfume or cologne on day of surgery.
- Beginning 3 days prior to surgery, rinse with Peridex mouth wash twice a day, including the morning of surgery.
- Please brush your teeth and rinse thoroughly before surgery.
- If prescribed medication at consultation, please take as directed prior to your appointment.
- Please have ice packs available at home after surgery to reduce swelling.
- Please have Advil or Tylenol available for after surgery.
- Alcoholic beverages should be avoided 24 hours before and 5 days after surgery.
- Smoking must be avoided 24 hours before surgery and 24 hours after surgery.
- Beards and moustaches must be cropped as close to the skin as possible.
- Do not take aspirin or aspirin related medications for at least 2 weeks before surgery
- Any patients under 18 years of age must be accompanied by a parent or guardian at the time of surgery.