



AZ MAX  
SURGEONS P.L.C.

**MESA**

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**NORTH MESA**

6808 E. Brown Rd.  
Mesa, AZ 85207

**SOUTH GILBERT**

18610 E. Rittenhouse Rd.  
Bldg. A, Suite 105  
Queen Creek, AZ 85142

**TEMPE**

7350 S. McClintock Dr.  
Suite 101  
Tempe, AZ 85283

**WHITE MOUNTAINS**

1941 S. White Mountain Rd.  
Show Low, AZ 85901



YOUR DENTIST'S SPECIALIST

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# *Preoperative Instructions*

*Preparing for Your Surgery*



YOUR DENTIST'S  
SPECIALIST

**+++ Carefully following all preoperative and postoperative instructions you are given will maximize your chances for a successful surgical outcome and uneventful recovery.**

#### **PREPARING FOR YOUR SURGERY**

If your surgery includes general anesthesia or I.V. sedation, do not eat or drink anything (including water) for eight hours before surgery. Eat a light dinner the night before surgery so that you will be prepared to tolerate the fast period. Avoid alcoholic drinks and go to bed early so you will be well rested for your surgery. **Eating or drinking anything during the eight hour fast period, except medications taken as prescribed and instructed by your doctor or AZ Max surgeon, may require cancelling your surgery, as anesthesia CANNOT be safely administered.**

No smoking or tobacco for at least eight hours and no vaping within 24 hours before surgery. Recreational drugs should not be used for at least 48 hours prior to surgery.

Drink at least a half gallon of fluids to hydrate the day before your surgery.

#### **POSTOPERATIVE FOOD RECOMMENDATIONS**

**During the day of surgery, we encourage you to only drink smoothies, juices, soups, milkshakes, Gatorade, and water or other liquid/blended nutrition. Do not use straws or carbonated beverages for 24 hours after surgery.** For the remainder of your recovery, we recommend foods such as the following: Pudding + mashed potatoes + popsicles scrambled eggs + milkshakes + Jell-o + yogurt + cooked cereals soups + applesauce + cooked pasta + canned peaches or pears cooked vegetables + smoothies + juice + Gatorade + water + other soft foods

**It is important to avoid foods with small seeds (like strawberries, blueberries, raspberries, etc.) until after you are fully recovered.** Your postoperative instructions will have more detailed information about foods to avoid following surgery.

#### **THE DAY OF SURGERY**

We recommend wearing loose fitting, short sleeved clothing to your surgery. Please don't wear jewelry or watches. Avoid dark nail polish or acrylics as they can interfere with monitoring your blood oxygen saturation levels during surgery.

**A responsible person age 18 or older must drive you home and should remain with you for 24 hours after your surgery.** AZ Max Surgeons cannot permit you to leave our office by bus, cab, Uber or other services as there must be someone responsible for your immediate postoperative care. Under no circumstances should you attempt to drive a car from the office after your surgery.

If an AZ Max surgeon prescribes medication to take before surgery, plan on taking it with only a small sip of water on the morning of your procedure, unless otherwise instructed. Please do not take any non-physician prescribed medications, supplements, or vitamins until after your surgery. If you have asthma, bring your inhaler with you to your surgery.

#### **ADDITIONAL INSTRUCTIONS FOR YOU**

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**Questions? Call us at (480) 830-5866**