

Dr. Eric K. Taylor

INTRAVENOUS CONSCIOUS SEDATION INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

(248)652-7300

- Get a restful nights' sleep. Avoid alcohol prior and after the procedure.
- Do NOT eat solid foods 6 hours prior to your procedure.
- Have a designated driver to transport you safely home, pick up prescriptions, nutritional shakes, and observe you the remainder of the day.
- Keep well hydrated, drinking 8 glasses of water the day prior to the procedure.
- Park in front of our second door (our surgical suite) the day of the procedure.
- Wear loose, comfortable clothing and a short sleeve top.
- Park at the second doorway of our suite.
- Medications to be held prior to the procedure:
 - **All blood thinner** held 7 days with medical clearance from your cardiologist & needs to be discussed prior to procedure.
 - **All immune suppressive** medications must be held one month prior to the procedure and dated with a written medical clearance from your doctor.
 - **All bisphosphonates** must be held 3 months prior and 3 months post-operatively.
 - **Herbal Supplements:** Gingko, Ginger, Garlic, Ginseng held for 7 days prior
 - **Vitamins E & C** held 5 days prior

POST-OPERATIVE INSTRUCTIONS

- **Diet-** Soft foods for 2 weeks: soups, eggs, custard, cottage cheese, yogurt, tofu, chicken, fish, puddings, finely chopped meats. Supplement your meals with **2 high protein shakes daily** for 2 weeks to promote healing: ex: Premier Protein, Whey or Rice Protein Powder, Myoplex, Isopure Isolate(great for diabetics)
- **Vitamin C** is encouraged at 250mg 3-4 times daily for one month, beginning after the procedure.
- **Vitamin D3** 2000 IU daily, **COQ10** 200mg daily
- Take **Prescriptions** as soon as possible with food/water to avoid unnecessary discomfort and nausea.
- **Yogurt and Probiotics** are strongly advised when taking antibiotics.
- **Motrin** is given in high dosage every 6 hours for 3 days for anti-inflammatory/pain/swelling control. Take with food and plenty of water. *Alert us if you are on blood thinner or Lisinopril medications.
- If **bleeding** occurs, dampen a regular tea bag and hold it to the site for 10 minutes and notify Dr. Taylor.
- **For Best Results:** Follow all instructions:
 - Avoid heavy exercising until cleared at your 1st post-operative visit.
 - Keep all your series of post-operative checks that we may evaluate the healing process.
 - Avoid gargling or use of mouth wash for 2 weeks.
 - Arnica cream or gel is helpful on skin external applied use for discomfort/swelling.
 - Avoid smoking, straw usage, spitting-Anything that produces a suction in the mouth.
 - Brush other teeth as usual, avoiding the operative site/s.
 - Avoid chewing on the operative side.
 - Elevate your head on pillow, sleeping on opposite side.
 - If the procedure involves the sinus-NO AIR TRAVEL until cleared by Dr. Taylor.
 - Leave us a phone number you can be reached the night of the procedure
 - Call with any concerns or questions off hours on **Dr. Eric K. Taylor's cell: (248)462-9101**