



FERNANDO RAMOS

PERIODONTICS AND DENTAL AESTHETICS

CRO-DF 7532 | Brasília, Brazil

PREOPERATIVE INSTRUCTIONS

General preoperative instructions

Proper preparation contributes to a safe procedure and a smoother recovery. Always follow the instructions of the team responsible for your surgery.

Medications and health before surgery

- Use only medications authorized by your surgeon and anesthesiologist. Tell them about all medicines, vitamins and supplements you take.
- Do not stop anticoagulants, antiplatelet drugs or other medications on your own. The team will tell you what to continue or stop.
- Tell the team about allergies, medical conditions, fever, infections, pregnancy or any change in your health.

Hydration and food preparation

Stay well hydrated in the days before surgery unless you have a medical restriction. Prepare soft, easy-to-eat foods for recovery, such as soups, mashed foods, broths, yogurt and smoothies. Also arrange for someone to help during the first few hours, if needed.



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PREOPERATIVE INSTRUCTIONS / CONTINUED

Fasting and planning your day

- For surgery in a hospital, fasting is mandatory and must follow the hospital and anesthesia team's instructions exactly. Confirm when to start fasting and what you may consume.
- Do not fast on your own for procedures performed at the dental office: follow the team's specific instructions.
- Prepare your documents, test results, prescriptions and comfortable clothing. Do not wear makeup, creams, accessories or nail polish if the hospital asks you to remove them.

Time off work and transportation

Discuss the expected time off work with the team in advance. This varies with the type of surgery, your occupation and your clinical progress. Arrange safe transportation and do not drive after sedation or anesthesia.

When to seek help

Contact the team if you have questions about fasting, medications, tests or transportation, or if your health changes before surgery. Arrive at the specified time and bring a companion when requested.

Follow-up: _____ / _____ / _____

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