



# Getting Ready for your Upcoming Surgery

## Pre-Operative Instructions

### **3 days prior to surgery:**

- Purchase soft foods for your meals post-surgery
- Purchase ice packs to reduce swelling
- Take Arnica as directed to reduce bruising that may occur after surgery  
\*Arnica is a homeopathic treatment that is used to reduce swelling and bruising. Arnica can be purchased at Walgreens and Sprouts

### **Day before surgery:**

- Nothing to eat or drink after midnight
- Get a good night sleep so are rested so you are rested for your surgery appointment

### **Day of Surgery**

- Wear comfortable loose fitting clothes to your appointment
- Have your designated driver bring you to your appointment on time

\*Additional instructions will be provided from the oral surgeons office

Balle & Associates provides important pre and post-operation instructions along with proper cleaning and oral hygiene information such as flossing, brushing, and diet. Balle & Associates cosmetic and general dentistry of Las Vegas, Nevada would be glad to answer any of your questions pertaining to any of the dental techniques and procedures provided in our office. For more information, please tour our site [www.balledds.com](http://www.balledds.com) or call us at (702) 877-6608 with any questions or concerns.