

Jeffery M. White DDS
13701 East Mississippi Ave, Suite 300
Aurora, CO 80012
Tel: (303) 344-2705 Fax: (303) 344-4125
Email: jwdbusiness@comcast.net

1. **On the day of surgery you should have nothing to eat or drink, INCLUDING WATER, for at least 6 hours before you appointment.** To avoid dehydration, do not go without water for more than 8 hours. Take any prescribed medications with sips of water.
2. If you are under the age of 18, you need a parent/ legal guardian to be present with you to sign surgery consent forms.
3. Please wear **SHORT SLEEVED LOOSE FITTING CLOTHES AND FLAT SHOES** to your surgery appointment. **Please DO NOT Wear contact lenses** to you appointment also.
4. Prior to surgery, use the restrooms located down the main corridor as you walk into our office. Only patients are allowed in the surgery room. A parent can be present to start anesthesia, but friends will not be allowed to escort/ watch the patient once taken back for surgery.
5. We will send a preauthorization request to your insurance company. Your estimated co- payment must be paid at the time of surgery or your appointment will be cancelled.
6. Suggested foods to have on hand at home the day of surgery: Creamy soups, Applesauce, Milkshakes, Pudding, Apple juice, Jell o, Yogurt, Ice Cream, Popsicles, non- spicy foods etc.
7. Patients **must** arrange to have a responsible adult (over 18 years old) to drive them home (No buses or taxis will be allowed) and stay with you during postoperative recovery.
8. For your own safety and that of others, please do not drive an automobile or operate heavy machinery until the following day after surgery and until you stop taking narcotic pain relievers.
9. We need to confirm your appointment 2 days before your scheduled surgery date or your appointment will cancelled. Please provide our office with the best possible phone number for confirming your appointment: _____
10. **REMEMBER TO BE OPTIMISTIC!!** It won't be as bad as you think.

Have a good dinner the night before surgery, as it may be several days before your diet returns to normal.