



**PREOPERATIVE INSTRUCTIONS FOR  
NITROUS OXIDE  
Ph. 734-994-1040  
[www.oralsturgeryofannarbor.com](http://www.oralsturgeryofannarbor.com)**

- Do not eat or drink anything for four hours prior to the surgery.
- All minors must be accompanied by a parent or legal guardian.
- Wear loose, comfortable clothes.
- Make sure you have soft foods available to eat for the first five to seven days (pudding, ice cream, cooked pasta, mashed potatoes, scrambled eggs). You will not be able to eat anything hard, sharp, or crunchy during this time.
- You may be given a prescription for pain. We can send this in to your pharmacy for you; just let us know what pharmacy you use when you come in.
- Have ice packs (frozen peas or corn work well too) and a heating device (heating pad or hot water bottle) at home to use postoperatively. We will send you home with a temporary ice pack that lasts approximately 30 minutes.
- Home care instructions will be given to you and verbally reviewed with your driver (if applicable) the day of the surgery. Have a list of any questions you may have to ask the doctor or his assistants. *Please follow all directions.*