

## **Advice prior to an Extraction, Implant placement or other Minor Oral Surgical Procedure**

**«Patient - Title» «Patient - Forename» «Patient - Surname»**

- Please make sure you have a meal or substantial snack ideally 1-2 hours prior to your appointment. This helps to maintain your natural blood sugar levels and therefore helps to minimise the risk of fainting or feeling unwell during the procedure.
- Take any medication as normal on the day of your appointment.
- Do not drink any alcohol before your appointment

**If you fail to follow these guidelines we may not be able to proceed as planned. This may involve having to rebook your appointment for another day.**

- Unless otherwise instructed you will be able to drive after the procedure. However, if you are particularly apprehensive of dental treatment we would advise you attend with someone who can escort you home in case you do not feel up to it. They do not have to sit in during the appointment.
- You should arrange to have the procedure performed on a day when you have few other commitments. It is important after a minor oral surgical procedure that you avoid any vigorous exercise and generally take it easy for the rest of the day.
- If you have any concerns prior to the appointment contact the practice as soon as possible.