



# ANN MARIE HOFBAUER, DMD

PERIODONTICS & IMPLANTOLOGY

## PRE-OP INSTRUCTIONS

Dear \_\_\_\_\_

Your appointment is scheduled for \_\_\_\_\_

Here are a few important instructions and reminders:

- You should not drink any alcohol or caffeinated beverages for 24 hours prior to your appointment
- You should not drink grapefruit juice or any grapefruit products 7 days before your appointment
- Eat a light breakfast. (toast or crackers)
- Please take all medications that you would normally take in the am. You may check with Dr. Hofbauer's assistant to make sure it's ok to take prior to your appointment if you are unsure
- At bedtime take your Diazepam sedation pill
- Absolutely NO driving yourself
- We suggest you wear comfortable clothing e.g. a lightweight jogging suit
- Other notes \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

We know the timing may be complicated, but I assure you it is very important.

Also, we have found that many patients benefit from natural healing agents that can be purchased at local drug stores. Vitamin C (1000mg taken 3x a day) and Enzyme CO Q10 (50mg taken 2 x a day) will boost your system and aid in producing an excellent healing experience. We recommend beginning with this vitamin regiment as soon as 1 week before the appointment and continue for at least 2 weeks after the appointment.

If you have any questions or concerns, please feel free to call me at 503.474.9888.