

# Pre-Operative Instructions for the Esthetic & Cosmetic Treatment

We are honored you have chosen us for your care. Be assured your comfort and satisfaction is our ultimate goal. To make your time with us as comfortable as possible, please consider these suggestions:

- ❖ Be well rested.
- ❖ Eat a healthy breakfast. If you are using a medication to prepare you for your appointment, it helps to have something in your stomach.
- ❖ Remember to pre-medicate if needed.
- ❖ If taking any vitamins or baby aspirin we would like for you to stop taking the medication 3 days prior to appointment.
- ❖ Wear comfortable clothing. Some of our dental materials require us to keep our operatories cool during procedures. We will supply a cover-up for comfort. Wear clothing that will keep you warm and relaxed. Loose clothing such as (Sweats, Stretch pants, t-shirts, etc.) is best.
- ❖ We have compact disc players and MP3 players for music.
- ❖ If you are scheduled to spend most of the day with us, you are welcome to bring a snack from home. Suggestions are: soup, protein drinks, ovaltine, yogurt, and Jell-O. We will be happy to provide you with a snack of our own such as chicken broth, fruit smoothies or yogurt.

Please let us know if there is anything else we can do to make your visit with us a pleasant one.