

# Pre-Operative Instructions



Wilmington  
Oral Surgery

In order to prepare for your surgery and to ensure your safety, please follow these instructions:

1

**Do not eat or drink anything for 6 hours before your surgery.**

For your safety, we need you to have an empty stomach.

2

**Do not use *any* Cannabis products for at least 72 hours (three days) prior to surgery.**

3

Continue all medications prescribed by your physician. Do not stop any medication unless directed by your physician.

4

**All escorts must stay during surgery.** Please have your adult escort take you directly home after the surgery.

5

Dress comfortably. Please wear shoes that tie or boots, no slip-on shoes. Please wear a short-sleeved shirt. If it is cold outside, a sweatshirt is okay, but remember the short-sleeved shirt underneath.

6

Please do not wear necklaces, dangling earrings, or make-up on the day of surgery.

7

Please do not wear contact lenses; wear glasses on the day of surgery.

8

For moms of teenaged boys—we do offer free haircuts—just let us know how short.

If other questions arise, please call our office at **(937) 382-8020**



## VEGA Oral Care Recovery Kit

A holistic product formulated to *accelerate healing after oral surgery procedures.*

### Before Surgery (4x/day)

Start three days before surgery

- Rinse 1–2 tsp for 2 minutes
- Spray 4 times under tongue
- Combine VEGA kit with natural anti-inflammatory medications
- Starting 3 days before surgery, start the kit and medications

## Supplement Schedule

### Bromelain & Quercetin

One pill three times daily for three days pre-op

### Astaxanthin

One pill daily for three days pre-op

### Arnica montana

Two tablets to dissolve under tongue the night before surgery

Pre-Op Day 3	Pre-Op Day 2	Pre-Op Day 1	Surgery Day	Post-Op Day 1	Post-Op Day 2	Post-Op Day 3	Post-Op Day 4	Post-Op Day 5	Post-Op Day 6
<b>VEGA Oral Care Recovery Kit</b>									
Rinse 4x/day	Rinse 4x/day	Rinse 4x/day	Rinse 4x/day	Rinse 4x/day	Rinse 4x/day	Rinse 4x/day	Rinse 4x/day	Rinse 4x/day	Rinse 4x/day
Spray 4x/day	Spray 4x/day	Spray 4x/day	Spray 4x/day	Spray 4x/day	Spray 4x/day	Spray 4x/day	Spray 4x/day	Spray 4x/day	Spray 4x/day
			Gel 4x/day	Gel 4x/day	Gel 4x/day	Gel 4x/day	Gel 4x/day	Gel 4x/day	Gel 4x/day
<b>Supplements</b>									
Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day
Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day
		Arnica 2 tabs at night	Arnica 2 tabs 3x/day	Arnica 2 tabs 3x/day	Arnica 2 tabs 3x/day				