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**Your Surgical appointment has been scheduled as follows:**

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ : \_\_\_\_\_ a.m. p.m.

*If you are unable to keep it, please notify our office as soon as*

### **Enhanced Recovery After Surgery Protocol:**

#### **Preoperative Instructions**

***Enhanced Recovery After Surgery (ERAS) is a new surgery protocol that streamlines patient processes before, during and after surgeries. The program aims to shorten recovery period, drastically decrease opioid utilization, facilitate early return to daily routine while improving outcomes and overall surgical experiences.***

**Starting prior to your procedure:** How you prepare for surgery can greatly enhance your recovery phase.

- Drink plenty of fluids starting 2 days prior to surgery. Will help prevent dehydration after surgery.
- Increase carbohydrate intake the day before surgery (carbo-loading) and eat nutritious foods. This will give your body the nutritional support to enhance its healing potential.
- Take vitamins before and continue for at least one week after surgery. Particularly:
  - Zinc: enhance immune system
  - Calcium: support bone healing
  - Vitamin C: support soft tissue healing
- Please consider taking a commercial Probiotic. Use as directed while taking the antibiotic to help promote a digestive system.

#### **Day of surgery preparation**

- **You may not have any solid food six-eight hours prior to your surgery appointment.** The last meal you eat prior to surgery should consist of light filling foods. Heavy, fatty foods are slow to digest and can remain in your stomach well past eight hours.
- **You may drink clear liquids up to two hours prior to surgery.** Liquids are limited to water, Gatorade, cranberry juice, pineapple juice or black coffee.
  - If you have been given a Motrin<sup>®</sup> (Ibuprofen) pill, take it with clear liquids or a can of pineapple juice two or more hours prior to your scheduled appointment. **DO**

**NOT** take this pill if you have an allergy or sensitivity to Motrin or other non-steroidal antiinflammatory drugs (for example, Aleve<sup>®</sup>, Nuprin<sup>®</sup>, aspirin) or if you are taking a blood thinner (Eliquis, Xarelto, coumadin). You may substitute 325-500mg acetaminophen (Tylenol) if you have a sensitivity to ibuprofen. Take Motrin (ibuprofen) 400-800mg (as directed by your doctor based on your age and weight) 2 hours prior to surgery with a small can of Pineapple juice. Pineapple juice is a known anti-inflammatory agent. This will give you a head start on pain and swelling control, effectively reducing postoperative pain and swelling.

- DO NOT stop taking medications prescribed by your physician. Please take your normal medications with clear liquids two or more hours prior to your scheduled appointment.
- Please wear loose fitting clothing with sleeves which can be rolled up to the shoulder and low-heeled shoes.
  - Please do not wear a dress if possible.
  - Please do not wear flip-flops or slip on shoes without a heel.
  - Contact lenses, jewelry, and dentures must be removed at the time of surgery.
- Please remove Tongue rings, lip rings and other oral piercings prior to your surgery appointment.
- A responsible adult must accompany ALL patients to the office, stay during the surgery and be able to drive the patient home after the surgery.
  - **Minors:** If you are under 18 years of age and not married, you must have a parent or legal guardian present in the office during examination and any treatment.
  - It is also advisable but not absolutely necessary to have an adult with you at home the day of your surgery.
  - Two adults must accompany any child under 8 years old receiving anesthesia. One to drive and the other to attend to the child during the drive home.
- In order to decrease your chances of developing a post-op surgery infection, please brush your teeth thoroughly prior to your appointment.
- **Questions:** If you have any questions concerning preparation for your scheduled procedure, please don't hesitate to phone our office at 881-1130 between the hours of 7:45am-4:00pm Monday through Thursday and 7:45am-12:00pm on Friday. *After office hours, please follow the voice mail prompts to leave a general message for the staff or to reach Dr. Candelaria.*

A Professional association devoted to the practice of Oral and Maxillofacial Surgery