

GENERAL PRE-OP INSTRUCTIONS DIABETES **OR WEIGHT LOSS MEDICATION**

7 Day held minimum

24 Hour minimum clear liquid day before surgery

Adlyzin

Benjaglude

Bydureon(Exenatide)

Byetta (Exenatide ER)

Lixumia (Lixisenatide)

Monjaro (Tirzepatide)

Ozempic (Semaglutide)

Rybelsus (Semaglutide)

Saxenda (Liraglutide)

Tanzeium (Albiglutide)

Trulicity (Dulaglutide)

Victoza (Liraglutide)

Wegovy (Semaglutide)

Zepbound (Tirzepatide)

- Do not have anything to eat or drink (this includes water, gum, mints, candy, protein shakes, juice, etc) after midnight the night before your surgery appointment, or for 6 hours prior to the surgery.
- Wear a short-sleeved shirt and comfortable clothing.
- Be sure that a responsible person accompanies you on the day of the appointment. It will be necessary for the person to remain at the office during surgery and to drive you home. Someone must stay with you all day after your surgery. Do not drive for 24 hours after surgery.
- Do not wear long acrylic fingernails
- Do not wear contact lenses
- If you need to take an antibiotic for pre-med 1 hour before surgery, please take with a small sip of water. (unless otherwise directed by the doctor).
- **DON'T TAKE ANY PAIN MEDICATIONS THE MORNING OF SURGERY**
- The use of electronic devices for recording purposes is NOT permitted. This includes: cameras, tape recorders, cell phones, ipods/ipads, laptop computers
- Cell phone use is not permitted in the clinical area
- Suggested food/items for after surgery:
 - Oatmeal, applesauce, pudding, jello, eggs, smoothies (w/o seeds, straws) pancakes, protein, soup or broth, 7up, mashed potatoes, yogurts, ibuprofen, mac and cheese.

Over>

- **As your healing progresses, you may advance your diet to include more solid foods. Remember, the third day is typically the worst for discomfort and swelling. If you have any questions, please call our office.**



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