



1377 East 3900 South  
Suite 104  
Salt Lake City, UT 84124

We're looking forward to seeing you. Please arrive 15 minutes early to fill out paperwork.

If you're a new patient, please bring the following:

- Medical and dental insurance cards
- ID or Driver's License
- Patients under the age of 18 are required to be accompanied by a parent or legal guardian. Patients 18+ are asked to provide ID.
  - All patients can bring one guest/driver with them to the appointment.

Our address is  
**1377 East 3900 South, 104**  
**Salt Lake City, UT 84124**

If your appointment has sedation / anesthesia, please follow the important instructions on page 2 before your appointment. Pay attention to the fasting instructions: if you eat or drink in the hours before your appointment, we will have to reschedule your appointment.

If your appointment has sedation / anesthesia and you have diabetes, please follow the important instructions on pages 3 & 4 before your appointment. Pay attention to the fasting instructions: if you eat, drink or take pain medications in the hours before your appointment, we will have to reschedule your appointment.

If you'd like directions to the office, simply click here: <https://u1.intv.io/v2/lxpxxfmfx> . If you have any questions, feel free to call us at (801) 277-3942.

Thank you!

**Phone: (801) 277-3942 Email: [office@hopkinoralsurgery.com](mailto:office@hopkinoralsurgery.com)**



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## **General Anesthesia / IV Sedation | Pre-Operative Instructions**

- The **night before** your appointment, please **eat a light meal**.
- Please **do not smoke** or use nicotine for at least **12 hours before** your appointment.
- **Do not eat or drink anything during the 8 hours before** your appointment. This includes water and coffee.
- If you take daily **medications**, please take them with **only a sip of water**.
- Do you take blood thinners or medication for diabetes? If so, please follow any specific instructions that the doctor gave you.
- A **driver has to wait for you during your appointment**. They will have to help you out of the office when you are ready then drive you home. You cannot take Uber or Lyft to get home.
- A **parent or legal guardian** must come with any **patients under 18**. Other family members cannot come in a parent or guardian's place.
- Wear loose, comfortable clothing with **short sleeves**.
- Please **do not wear contact lenses, dentures, or jewelry** to your appointment.
- Please **do not wear products with strong smells** on the day of your appointment. This includes perfume and cologne.
- You will need to rest after your appointment until the next day. **Do not use machinery or drive** until the day after your appointment.

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## **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)**



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

- 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.
- 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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