



Before Surgery Instructions

- **One week** prior to your surgery please **discontinue:**
 - Aspirin (consult your physician ahead of time)
 - Blood Thinners (consult your physician ahead of time)
 - Vitamin C
 - Garlic Supplements
 - All herbals including Green Tea
 - High Dose Vitamin E
- If you prescribed an **antibiotic**, please start taking it **one hour prior to your surgery.**
- Enjoy a good breakfast/lunch prior to your surgery.
- Take your regular medications unless otherwise directed by Dr. Bondar.
- On the day of your surgery, please **do not wear** makeup or head and neck jewelry.

Do not schedule any important events, such as a presentation or party, during the recovery time, which typically lasts for a week.

Do not plan on doing any strenuous exercising during the first week after your surgery.

Occasionally a swelling or bruising may last longer than a week.

Usually the worst swelling is on the third day after the surgery and gets better with every consecutive day.

Please call us at **(603) 427-0043** if you have any questions or concerns.

"I appreciate your trust and promise to do my best during your coming surgery. IF you have any concerns or need more information, please do not hesitate to call immediately. We will respond in a timely manner."

Vitali Bondar, DDS.