

Dr. Shelby Bowman  
Oral & Maxillofacial Surgery  
38 S. La Cumbre Rd. Ste.5 ~Santa Barbara, CA  
(805) 692-8500~ fax (805) 692-8600

#### **BEFORE SURGERY**

1. Do not EAT OR DRINK anything after midnight the night before surgery.
2. No cigarettes or alcohol 24 hours before your surgery.
3. No marijuana or illicit substances for 72 hours before surgery.
4. If you are taking a GLP-1 agonist (Ozempic, Wegovy, etc), you MUST stop taking it at least 8 days before surgery.

**If any of these are not followed, it will not be safe to sedate you for the procedure.**

#### **INSTRUCTIONS FOR SEDATIONS**

1. Take your antibiotics 1 hour before surgery as directed on your bottle with only a sip of water.
2. It is safe to brush your teeth before surgery. Please do so.

#### **IMPORTANT REMINDERS FOR DAY OF SURGERY**

1. You must arrive 15 minutes before your appointment time
2. You must have someone with you to escort you home after the surgery. This person must stay while your surgery is performed, they cannot leave.
3. Please wear a short sleeve shirt. Remove all jewelry (piercings, necklace, bracelets). Leave all personal items at home or in the car. Nothing in your pockets please.
4. If you wear contact lenses, please remove them before coming to the office.
5. Have plenty of popsicles and soups at home to prepare for your recovery days.
6. Remove nail polish and/or fake nails on your index fingers on both hands. Please do not wear makeup or removable eyelashes.
7. Please understand nobody will be able to accompany you (the patient) in the surgery room. They will need to wait in the car or waiting room.
8. If breastfeeding, you will need to "pump and dump" for 24 hours after the procedure.

These instructions are very important for your care; please make sure you follow them.

Your surgery date is: \_\_\_\_\_

**There will be a \$250 charge for any surgeries cancelled without  
72-hour notice.**

**ALL COPAYS ARE DUE AT TIME OF SURGERY**  
No personal checks accepted