

## BEFORE SURGERY

Do not eat or drink for six (6) hours prior to your surgery appointment. This includes water, liquids or food of any kind. If you do eat, we will reschedule your surgical appointment for your safety.

Eat a light, easily digestible meal the night before surgery and please refrain from alcoholic beverages of any kind. Also refrain from smoking as this irritates your lungs.

Take your normal medications in the morning with a small sip of water unless otherwise instructed.

A responsible adult must accompany you to the office, remain in the office during your surgery and drive you home. Patients cannot be dropped off.

Children are not allowed in the surgical area so please make arrangements for their care elsewhere.

Do not wear contact lenses, lipstick, excessive makeup or nail polish on the day of surgery.

Leave your jewelry, watches and purses with person accompanying you to your appointment.

Each patient will be asked to change into a surgical gown. Please wear comfortable, loose-fitting clothing. Women may prefer to wear slacks and pull back long hair from your face.

If you develop a cold, persistent cough or fever, please call the office.

## AFTER SURGERY

The responsible adult that accompanies you to surgery will sit with you in the recovery area until you are ready to be dismissed; about 30 minutes. They should stay with you at home until you are able to take care of yourself.

Anesthetic medications may hinder your ability to remember surgical instructions. You will receive a written copy and instructions are also given to the adult that accompanies you.

Once you have met discharge criteria, a surgical assistant will escort you to your car and assure your seatbelt is fastened. Young children should be secured in an age and weight appropriate car seat.

Remember:

- ◆ Don't drink alcoholic beverages, drive or operate any machinery for 24 hours after anesthesia or taking narcotic pain medications.
- ◆ Be careful when sitting up rapidly or standing from a lying position as you may feel light-headed or even faint. Walk up and down stairs with caution or assistance. The safest position is a semi-reclined one.

Please refer to written post-operative instructions for details of wound care.

We greatly appreciate your promptness to your appointment time. Although surgical times are estimated we do our best to see you on schedule.

## FOR CHILDREN

Dr. Swiderski and his staff are concerned with many aspects of your child's care. The goal is to provide a safe and comfortable environment, making the experience as pleasant as possible.

As a parent you play a key role in your child's care. It is well known that children do better with anesthesia and surgery when they are well-prepared. It is natural to have fears of the unknown. It is our desire to provide comfort and information to improve your child's experience. An opportunity will be provided for you to familiarize yourself with our office and staff before surgery. It is also important for the child to know that you may not be with them every minute, but will be waiting nearby. An informed and composed parent is essential for an optimal surgical experience for the child.

Children awaken from anesthesia at different rates and emotional levels. The surgical site will be numb from a local anesthetic. Nausea and vomiting are occasional side effects of anesthetics and surgery.

Following surgery, you will join your child in the recovery area. Your assistance is necessary in providing ongoing emotional comfort and support. Instructions will be given and your child discharged when specific criteria are met. Arrangements for follow-up care will be made if needed.

Finally, in the event of illness such as a cold or cough, please call our office for an assessment. Surgery may need to be rescheduled.

## MEET DR. SWIDERSKI

Dr. David C. Swiderski attended The University of Utah in Salt Lake City and earned a Bachelor of Science degree in medical biology. He attended Indiana University School of Dentistry in Indianapolis, Indiana graduating with high distinction.



Dr. Swiderski completed a six-year residency program in Oral and Maxillofacial Surgery at The Mayo Clinic in Rochester, Minnesota. He was trained in the full scope of Oral and Maxillofacial Surgery including management of a wide variety of problems relating to the mouth, teeth and facial regions including corrective jaw surgery, wisdom tooth removal and management of facial pathology. In addition, Dr. Swiderski received comprehensive training in the administration of general anesthesia and intravenous sedation.

Dr. Swiderski is trained both as a physician and oral and maxillofacial surgeon earning a medical degree from The Mayo Medical School in Rochester, Minnesota. He is licensed to practice both medicine and dentistry in the State of Oregon.

Dr. Swiderski maintains current certification in American Heart Association Basic Life Support as well as Advanced Cardiac Life Support. He is a member of the following organizations:

- ◆ American Association of Oral and Maxillofacial Surgeons
- ◆ American Board of Oral & Maxillofacial Surgery
- ◆ American Dental Association
- ◆ Marion-Polk County Dental Society
- ◆ Oregon Dental Association
- ◆ Silverton Hospital Staff

## NOTES:



**MID-VALLEY**  
Oral, Maxillofacial & Implant Surgery

## INSTRUCTIONS FOR PATIENTS RECEIVING ANESTHESIA



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