

William L. Cecere III, D.D.S, M.D.
Diplomate American Board of Oral and Maxillofacial Surgery

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East Amherst N.Y. 14051
(716) 636-6280

1050 Abbott Road
Buffalo N.Y. 14220
(716) 823-1966

Patient

Tentative Appointment

Office Location South Buffalo (Abbott Rd.) or East Amherst (Transit Rd.)

Your surgery TIME is TENTATIVE, and it could change.
It is your responsibility to listen to messages left to
confirm your surgery time. It is best to avoid scheduling
anything else on the surgery date.

Our surgery schedule is dynamic, and every effort is made to stay on schedule. **In doing so please be prompt with your appointment by arriving 10 minutes early.** Dr. Cecere provides technically sensitive surgical services and treats varying levels of fear where sometimes extra TLC is needed and may lengthen the time allocated for a patient. We will make every effort to stay on time, but should we run behind we appreciate your understanding and patience.

The next page is pre-operative instructions, in addition to these instructions you may also receive sedation instructions that need to be followed. This is only if you are having Nitrous Oxide, Oral Conscious or IV Sedation.

Pre-Operative Instructions

- ❖ Get a good night's sleep before your surgery.
- ❖ Alcoholic beverages should be avoided 24 hours BEFORE and after surgery.
- ❖ Smoking/Vaping should be avoided for 2 weeks prior to surgery and 2 weeks after surgery.
- ❖ Please wear loose, comfortable clothing with sleeves that can be rolled up past the elbow and low-heeled shoes. Dress in layers and if wearing a hoddie make sure to wear a tee shirt underneath. Most often you are asked to remove your hoddie.
- ❖ Good oral hygiene is essential for proper healing. Please follow your normal oral hygiene routine (brushing & flossing) prior to your surgery.
- ❖ Take all your regular medications unless you have been instructed to do otherwise by either your doctor or Dr. Cecere. If prescribed medication at the consultation, please take as directed. Pre-medicate as directed by your Surgeon who has preformed your surgery. (Example: Orthopedic for knee/hip replacement)
- ❖ Plan to rest for the remainder of the surgery day. No strenuous activity. You are permitted to go for a walk.
- ❖ If you have an illness such as a cold, sore throat, stomach, or bowel upset, please notify the office immediately. Notify the office of any changes to your health before your procedure and if you think you might be pregnant.
- ❖ Woman please note: some antibiotics may interfere with the effectiveness of your birth control pills.
- ❖ Any patient under the age of 18 must have a parent or guardian present for the entire time of the surgery.
- ❖ Remember to schedule time off from work/school, to correspond with your recovery. Time varies from one patient to the next.
- ❖ Payment is due day of surgery. Should you have questions please call our office.

Patients who are well prepared for their surgery usually have a smoother recovery; we advise planning ahead. This is a suggested list of items to have on hand following surgery.

Tylenol and/or Motrin
Black tea bags (only black tea- not flavored or earl gray)
Hearty Soup (cream soup, lentil, minestrone, etc.)
Jell-O
Yogurt (soft or frozen)
Cottage Cheese
Pudding/Custard
Soft Fruit (banana, papaya, canned peaches, or pears)
Applesauce
Popsicles
Ice Cream & Milkshakes
Smoothies (without fruit w/seeds)
Protein Shakes
Oatmeal/Cream of Wheat
Eggs (scrambled or soft boiled)
Mashed potatoes
Rice/Risotto
Tofu
Avocado/humus
Pasta
Macaroni and Cheese
Steamed vegetables
Mashed potatoes
Fish/Seafood

Foods you should avoid until healed (6 to 8 weeks):

Spicy Foods
Foods that are difficult to chew
Popcorn
Chips
Hard Breads

On the day of surgery, begin with something light and progress slowly to more substantial foods. Remember, it is important to maintain nutrition for optimal healing to occur. Be sure to rest and take it easy – read a book, watch television, or enjoy a movie!