

South Shore



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PATIENT INSTRUCTIONS PRIOR TO SURGERY

If prescribed, please take the antibiotic as directed.

Please come without any make –up (if you should wear it). The skin on your face needs to be as clean as possible and free of oil, which is in many cosmetics and naturally occurs in your skin.

Wear comfortable clothing. For your comfort we suggest a portable music device (MP3 player or IPOD) with earbuds or headphones during your procedure.

The night before the surgery eat a normal meal that is easy to digest. (Stay away from very spicy, rich or greasy foods). A light meal prior to your appointment is suggested.

You may wish to prepare some food before surgery. We recommend a soft and cool diet for the first 48 hours after surgery. Some suggestions are: custard, Jell-O, yogurt, ice cream, milk shakes, very soft mashed potatoes or foods processed in a blender or food processor.

Please feel free to call the office if you have any additional questions.