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## Esthetic & Cosmetic Treatment Pre-Operative Instructions

We are honored you have chosen us for your care. Be assured your comfort and satisfaction is our ultimate goal. To make your time with us as comfortable as possible, please consider these suggestions:

- Make sure flossing and brushing are top priority for at least two weeks prior to your appointment as your gums should be as healthy as possible. If you wish, you may use warm salt water rinses every day.
- Be well rested.
- Eat a healthy breakfast. If you are using a medication to prepare you for your appointment (such as Valium, Antibiotics etc.), it helps to have something in your stomach.
- Remember to pre-medicate if needed.
- Wear comfortable clothing. Some of our dental materials require us to keep our operatories cool during procedures. We will supply a cover-up blanket for your comfort. Wear clothing that will keep you warm and relaxed. Loose clothing such as sweats, stretch pants, T-shirts, etc. is best.
- We have a variety of music available for you to listen to with headphones, but if you wish to bring your own selection along for your visit, you may.

Please let us know if there is anything else we can do to make your visit with us a pleasant one.

Dr. Dougherty, Dr. Adhikari, Kimmi, Diana, Kirstin, Jessie, and Britni

**P.S.** We have allowed for a few hours for your treatment. We want you to be comfortable and will make time for breaks. Please do not plan time-restrictive activities, such as picking up kids, and other work or doctor appointments, before or after appointment time so no one is rushed.

Rescheduling appointments of this length in nature at last minute will result in cancellation fees. Please be considerate of the time we have set aside just for you, and only reschedule with a 48 hour notice. Thank you in advance for your respect of this office policy.