



Planning Your Visit & Pre-Operative Instructions



Getting Here & Parking

Our office is conveniently located at **4825 Bethesda Avenue, Suite 310, Bethesda, MD 20814**. We're just a short walk from the Bethesda Metro station (Red Line), making us easily accessible by public transit. If you're driving, public parking is available directly across Bethesda Avenue near the Apple Store, as well as metered street parking throughout the area. Our building is equipped with an elevator, and our office is fully wheelchair accessible to ensure a comfortable visit for all patients.



Your Appointment

Please arrive at least **10 minutes before** your scheduled time to allow for check-in. If you need to cancel or reschedule, we kindly ask for at least **48 hours'** notice so we can accommodate other patients.



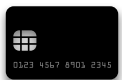
Transportation and Companion

Minors (under 18) must be accompanied by an adult. **For patients receiving IV sedation**, a responsible adult (18+) must accompany you, and be present at discharge to receive post-op instructions. Ride services (Uber, Lyft, taxis) without a companion are not allowed. Leaving without a companion is against medical advice.



Registration & Medical History

Please complete your registration form in advance with accurate medical history, including conditions, medications, and allergies. If you have complex medical issues, a letter from your physician with pre-surgical recommendations may be required.



Financial Preparation

- All fees are due before treatment.
- Insurance pre-authorizations must be submitted at least 4 weeks before surgery.
- Payment plans (via CareCredit or LendingClub) must be arranged at least 7 days in advance.
- We accept cash, credit cards, checks (with ID and clearance), and ACH.
- We are out-of-network but will provide an insurance claim packet for your reimbursement.
- If someone else is handling payment and not present, they must contact us at least 2 days prior to your visit or be available to process payment online.



Necessary X-rays / Diagnostic Imaging

Depending on your condition, the surgeon may recommend a small dental X-ray, a panoramic X-ray, or a 3D Cone Beam CT (CBCT). If you have recent X-rays (within 6 months), ask your provider to email them to **patientcare@facialart.com** or send via flash drive, disc, WeTransfer, or Dropbox.

Patients receiving local anesthesia or nitrous oxide do not require dietary restrictions or an accompanying companion.

Pre-Operative Instructions for IV sedation Anesthesia

Clothing: Wear loose, comfortable clothing with short sleeves.

Transportation: A responsible adult (18+) must accompany you and stay during discharge to review post-op instructions. Ride services (Uber, Lyft, taxis) without a companion are not allowed.

Diet Restrictions:

- For morning surgeries (8 AM – 12 PM): No food or drink after midnight.
- For afternoon surgeries (1 PM – 4 PM):
 - ▶ No food up to 8 hours before
 - ▶ Clear liquids (water, apple juice, Gatorade) up to 3 hours before

Additional Instructions:

- No contact lenses, eye makeup, or lipstick
- No smoking for 48 hours before surgery
- Remove nail polish from at least two fingers on each hand
- Take 1–2 Ibuprofen (400–600 mg) or 1 Extra Strength Tylenol (500 mg) 1 hour before surgery with a small sip of water
- Pick up all prescriptions in advance

Medical Precautions:

- **Asthma:** Bring your inhaler on the day of surgery.
- **Diabetes:**
 - **Insulin-dependent:** Take half your usual dose the morning of surgery.
 - **Non-insulin:** Continue regular medications.
- **High Blood Pressure:** Take your usual medication as scheduled.
- **Steroids:** Take double your normal dose on the morning of surgery.
- **Heart Conditions:** Some may require antibiotics 1 hour before surgery—consult your cardiologist.
- **Joint Replacements:** Antibiotics may be needed 1 hour before surgery—consult your orthopedist.
- **Blood Thinners:** Ask your physician about when to stop (typically 3–5 days prior).
- **If antibiotics are prescribed for prophylaxis,** take them 45 minutes before your appointment.



What to Expect on Day of Your Surgery

When you arrive, you'll check in, complete any remaining forms, and process your payment. A surgical assistant will escort you to the treatment room and prepare you for your procedure.

Anesthesia: If receiving IV sedation, we'll place an IV line and monitors (EKG, pulse oximeter, capnography) to ensure your safety. You'll receive oxygen, and the surgeon will administer anesthesia to achieve the desired level of sedation.

After Surgery: You'll be monitored in recovery for 30–45 minutes or until ready to be discharged. Post-op instructions will be reviewed, and then escorted to your car

About Your Recovery

Recovery time and discomfort vary by person and procedure.

- **Minor procedures** (e.g., simple extractions, implants, biopsies): Expect mild discomfort and minimal swelling. Most patients return to normal activities within 1–2 days.
- **Major procedures** (e.g., surgical extractions, impacted teeth, bone grafts): Expect more swelling, discomfort, and longer recovery. Pain usually improves within 3–7 days but may last longer for some.

Pain Management: Most discomfort is managed with 600 mg Ibuprofen + 500 mg Tylenol taken together every 4–6 hours. Stronger narcotic medication may be provided if needed.

Swelling: Peaks at 48–72 hours, subsides in 7–10 days, and typically resolves in 2 weeks.

Diet: Soft or liquid diet is advised for 5–7 days, possibly longer depending on your procedure.

Activity: Rest for 1–2 days. Resume sports in 5–7 days as tolerated. Travel is safe but rest is recommended for the first 1–2 days.

**Scan the QR code to watch
our Post-Op Instructions
Video and learn more
about your recovery care.**





Recovery by Procedure:

Wisdom Teeth & Tooth Extractions

- Most patients rest 1–2 days before resuming light activities.
- Discomfort lasts 3–5 days and typically improves by day 7
- Swelling peaks at 24–36 hours and fades over 7–10 days
- Use ice packs during the first 24 hours
- You may experience jaw tightness and mild bruising, both resolving within 7–10 days
- Take pain medications as directed

Dental Implant Surgery

- Recovery is typically smooth and minimally invasive.
- Mild pain, usually managed with Tylenol or Advil
- Prescription pain meds are available if needed
- Swelling may occur, peaking at 24–36 hours and diminishes in 7–10 days
- Ice packs recommended for the first 24 hours
- If grafting was done, expect slightly more swelling and discomfort

Bone Grafting (Onlay, Sinus Lift, etc.)

- This involves a longer recovery.
- Pain may last 5–7 days, managed with prescription medications
- Swelling peaks in 24–36 hours and diminishes in 7–10 days
- Bruising (blue/yellow discoloration) may appear and fade within 7–10 days
- Ice the area for the first 24 hours

Recovery time varies for each person, depending on physical and emotional factors. Some feel back to normal within 1–2 days, while others may take up to a week or more. Surgery affects everyone differently, so your experience will be unique.