



INSTRUCTIONS FOR PRE-OPERATIVE CARE

You will always be given local anesthesia for your surgery, but you may choose any of those listed below as a supplement. Each choice requires different preparation on your part and it is important that you read and follow the instructions carefully. If you are unclear about anything, please call the office or ask your surgeon.

LOCAL ANESTHESIA:

This will produce a numb feeling in the area being treated and you may have a feeling of pressure during surgery. You will be awake and recall the surgery, but there should be no significant discomfort.

1. There are no restrictions on eating or drinking prior to surgery with local anesthesia only.
2. Take all of your regularly scheduled medications as directed.
3. Patients who require antibiotic prophylaxis because of heart murmurs, artificial joints, artificial heart valves or VP shunts should take the appropriate antibiotic dosage one hour prior to surgery.
4. You will be able to drive home yourself.

NITROUS OXIDE:

Also known as “laughing gas” will help you relax and allow you to be somewhat less aware of your surroundings, but you will recall most of the surgical event. Nitrous oxide is generally used in conjunction with local anesthesia, but may be used to supplement the intravenous anesthetic techniques.

1. You may eat prior to surgery with nitrous oxide but we ask that it be a light meal.
2. Take all of your regularly scheduled medications as directed.
3. You will be able to drive yourself home.

INTRAVENOUS ANESTHESIA: Please read these instructions carefully

Medication will be given through a vein in your arm or hand, which will cause total relaxation and there will be very little memory (if any) of the surgical procedure.

1. **Do not eat or drink anything** (including water) for six (6) hours prior to surgery. However it is important that you take any regular medications (high blood pressure, heart medications, antibiotics, thyroid medications and gastric reflux/ulcer medications) or any pre-medication prescription that we have provided, **using only small sips of water**. You should brush your teeth.
2. Patients who require antibiotic prophylaxis because of heart murmurs, artificial joints, artificial heart valves or VP shunts should take the appropriate antibiotic dosage one hour prior to surgery.
3. **Asthmatics:** Please bring your inhalers on the day of surgery.
4. **Insulin dependent diabetics:** General Guideline: take ½ of their normal NPH dose and do not take any regular insulin dose. Please check with your endocrinologist for the regimen that is best for you.
5. For morning appointments: skip breakfast.
6. For afternoon appointments: eat a light breakfast six (6) hours before your appointment and skip lunch.
7. Please wear loose fitting comfortable clothing. Tops/shirts **MUST** be short sleeved.
8. Please refrain from wearing dark colored finger nail polish.
9. Hair **MUST** be pulled back and be away from the face.
10. **YOU CANNOT DRIVE YOURSELF.**

WHEN YOU ARRIVE FOR YOUR SURGERY, YOUR ESCORT MUST BE PRESENT

YOUR ESCORT MUST BE A LICENSED DRIVER

YOU CANNOT TAKE A RIDE SHARING SERVICE ex: UBER, LYFT OR TAXI.

11. Plan to rest for the remainder for the day.

OTHER SPECIAL INSTRUCTIONS:

Patients under the age of 18 must have a parent or legal guardian present on the day of surgery or have consent signed by parent or legal guardian within one month of the scheduled procedure.

Please leave **valuable personal belongings, (such as jewelry) at home**, or give to your escort on the day of surgery. If you prefer to listen to your own music, feel free to bring your playlist with your earphones.



INSTRUCTIONS FOR POST-OPERATIVE CARE

Oral Surgery or the removal of impacted teeth is a serious surgical procedure. Post-operative care is very important. Unnecessary pain and the complications of infection and swelling can be minimized if the instructions are followed carefully.

Here are some simple **DO'S** and **DON'T'S** following oral surgery:

- Don't** spit, suck through a straw, or smoke the week following surgery
- Don't** eat crunchy or spicy foods for 2 weeks following surgery (avoid nuts, granola, popcorn, or chips, etc)
- Don't** touch wounds or sutures (with tongue, fingers, or utensils) as much as possible
- Do** hydrate well (sports drinks, fruit juices, water) the week following surgery
- Do** eat cold creamy foods (ice cream, frozen yogurt, milk shakes without a straw) the day of surgery
- Do** rinse with warm salt water for 1-2 weeks beginning the day after surgery, especially after eating
- Do** use cold compresses for 2-3 days following surgery

1. BLEEDING CONTROL: A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon. Excessive bleeding may be controlled by first rinsing or wiping any old clots from your mouth, then placing a gauze pad over the area and biting firmly for 30 minutes. Repeat if necessary. If bleeding continues, bite on a moistened tea bag for 30 minutes. The tannic acid in the tea bag helps to form a clot. To minimize further bleeding, do not become excited, sit upright, and avoid exercise. If bleeding does not subside, call for further instructions.

- a. Spitting, sucking through a straw, or smoking causes additional bleeding and should be avoided. If bleeding persists, call the office.

2. SWELLING: The swelling that is normally expected is usually proportional to the surgery involved. Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. This is the body's normal reaction to surgery and eventual repair. The swelling will not become apparent until the day following surgery and will not reach its maximum until two to five days post-operatively. Keep your head elevated as much as possible to prevent undue swelling. While sleeping, use 2-3 pillows under your head instead of lying flat. Remember, "head above heart" is the rule of thumb to minimize swelling. Swelling can also be somewhat controlled by the use of ice and heat as follows:

- a. Ice: Two plastic bags filled with ice, or ice packs should be applied to the sides of the face where surgery was performed. The ice packs should be placed 20 minutes, then off for 20 minutes continuously while you are awake. Ice for the first 72 hours, unless otherwise instructed.
- b. Heat: If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery. Swelling and stiffness may be relieved by warm, moist heat applied to the jaws on the 4th or 5th days following the surgery. The stiffness that can sometimes occur will usually be relieved by the application of heat and gentle stretching exercises beginning 5-6 days after surgery.

3. MOUTH CARE: DO NOT RINSE MOUTH OR BRUSH TEETH FOR 24 HOURS: Rinsing or brushing may dislodge a blood clot and interrupt the normal process of healing. **After 24 hours**, the mouth should be rinsed gently with a warm salt-water solution (One-quarter teaspoon of salt in 8 oz. of warm water) after each meal and at bedtime. The teeth may also be brushed gently, but avoid the site of surgery.

- a. Patients may feel hard projections in the mouth. These are the hard bony partitions that surround the roots of teeth. These will absorb or work themselves out.
- b. If the corners of your mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment such as Vaseline.

4. PAIN AND INFECTION CONTROL: It is normal to experience some discomfort following oral surgery. For controlling minor discomfort, you can take Ibuprofen every 4-6 hours or Tylenol every 3-4 hours. These two over the counter medications can be combined for the initial dose. Follow the manufacturer's recommendation for the appropriate dosage. If a prescription for pain medication was written for you, take the medication as directed.

****WARNING: DO NOT DRIVE OR OPERATE MECHANICAL EQUIPMENT AFTER TAKING PRESCRIPTION PAIN MEDICATION.**

**If you have been given an antibiotic prescription for the control of infection, it is essential that you have it filled and take as directed until the prescription is completed.

****IF YOU SHOULD DEVELOP HIVES, RASH, OR DIARRHEA, DISCONTINUE ALL MEDICATION AND IMMEDIATELY CONTACT THE OFFICE.**

**Women please note: some antibiotics may interfere with the effectiveness of your birth control pills. Please check with your pharmacist.

5. DIET: Drink liquids after general anesthesia or sedation. Do not use straws when drinking from a glass. The sucking motion can cause more bleeding by dislodging the blood clot. You may eat anything soft by chewing away from the surgical site(s). High calorie, high protein intake is very important. Try to maintain a normal diet. You should prevent dehydration by taking fluids regularly. Your food intake will be limited for the first few days. You should compensate for this by increasing your fluid intake. At least five to six glasses of liquids should be taken daily. Try not to miss a meal. You will feel better, have more strength, less discomfort, and heal faster if you continue to eat. **CAUTION: If you suddenly sit up or stand from a lying position, you may become dizzy. If you are lying down following surgery, make sure you sit for one minute before standing.**

6. NAUSEA: If nausea is encountered in the immediate post-operative period, taking the pain medication often increases it. In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour including the prescribed medicine. You should then sip on stirred Coke, tea, or ginger ale. You should sip slowly over a 15-minute period. Remember not to take the pain medication without something in your stomach. This can be followed with mild tea, broth, and soft foods before resuming your regular diet.

7. BRUISING: Depending on the nature of the surgery which was performed and the nature of the person, some discoloring on the face may be seen for 3-5 days after the surgery. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal postoperative occurrence. If this happens, do not be alarmed. Moist heat applied to the area may speed up the removal of the discoloration.

8. NUMBNESS, TEMPERATURE, SORE THROAT: Numbness, temperature and sore throat are common after affects of the procedure. If numbness of the lip, chin, or tongue occurs, there is no cause for alarm. As stated before surgery, this is usually temporary in nature.

- a. A slight elevation of temperature immediately following surgery is not uncommon. If the temperature persists, notify the office. Tylenol or Ibuprofen should be taken to reduce the fever.
- b. Sore throat and pain when swallowing are not uncommon. The muscles get swollen. The normal act of swallowing can then become painful. This will subside in two to three days.
- c. Stiffness (trismus) of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event that will resolve in time.
- d. If you are involved in regular exercise, be aware that your normal nourishment intake is reduced. Exercise may weaken you. If you get light headed, stop exercising.

9. SUTURES: Some procedures require sutures placed in the area of surgery to minimize post-operative bleeding and to help healing. Sometimes they become dislodged. This is no cause for alarm. Just remove the suture from your mouth and discard it. The sutures will self-dissolve and/or fall out approximately 5-7 days after surgery. In certain situations, non-dissolvable sutures will be placed in the surgical area(s). You will be advised as to when the sutures will be removed. The removal of sutures requires no anesthesia or needles. It takes only a minute or so, and there is no discomfort associated with this procedure.

10. POST-OPERATIVE VISIT: Please return to the office for your following visit as directed.

Prescriptions:

Amoxicillin Clindamycin Adult OTC pain meds Norco/Percocet Afrin
 Augmentin Z- Pack Children's OTC pain meds Peridex Pseudoephedrine
 Biaxin Medrol Dosepak Ibuprofen Flonase Other:

SAFE and SECURE MEDICINE DISPOSAL - Unused medications that remain in your medicine cabinet are susceptible to theft and misuse. To prevent medications from getting into the wrong hands, New Jersey's Office of the Attorney General and Division of Consumer Affairs urge you to properly dispose of your expired and unwanted prescription medicine at a nearby Project Medicine Drop location. DROP OFF IS SIMPLE, ANONYMOUS AND AVAILABLE 24 HOURS A DAY – 365 DAYS A YEAR, NO QUESTIONS ASKED. Simply bring in your prescription and over-the-counter medications and discard them in an environmentally safe manner. Always scratch out the identifying information on any medicine container you are discarding. For a list of Project Medicine Drop locations, please visit www.NJConsumerAffairs.gov/meddrop.

****NOTE: COVERAGE FOR EMERGENCIES IS AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK.**