

## PRE- & POST-SURGICAL INSTRUCTIONS

In order to obtain the desired result from therapy and minimize swelling and discomfort, please follow these instructions.

### PRE-SURGERY

- DO NOT take aspirin or anti-inflammatory medications for 2 weeks prior to surgery unless required for medical reasons – these medications prolong bleeding and potentiate swelling.
- If you are having SEDATION or taking ORAL PREMEDIATION you are required to have a driver to bring you to the office and take you home. Make all movements slow and deliberate, and with someone's assistance until the medication is completely worn off.
  - ORAL premedication: no food or liquids for 4 hours prior to appointment
  - IV sedation: no food or liquids for 8 hours prior to appointment, no nail polish, please wear short sleeves
- DO NOT wear contact lenses or heavy makeup to your surgical appointment. Wear loose, comfortable clothing. You may bring headphones and music if desired and listen to it during surgery.
- **BRING ALL MEDICATION (pills) PRESCRIBED BY OUR OFFICE TO SURGERY**

### POST-SURGERY

- Take all prescribed medication as directed. Pain medication and steroids should be taken with food to minimize nausea. Do not drive or operate dangerous machinery while under the influence of pain medication. To prevent constipation, you may use an over-the-counter stool softener (Colace) or fiber supplement. Probiotics are recommended to maintain healthy digestion while on antibiotics (you may ask a pharmacist for recommendations).
- Keep your head and shoulders elevated for 24-48 hours after surgery. Do not bend over. Avoid exercise and strenuous activities for the first 5-7 days following surgery.
- Keep the outside of the face over the affected area cool/cold using ice packs at 10 minute on/off intervals for the balance of the day.
- Have a COLD liquid diet for the balance of the day (ie.- milk shakes, ice cream, yogurt, frozen yogurt, instant breakfast or meal-replacement beverage).
- The day after surgery, gradually resume your normal diet starting with soft foods, such as scrambled eggs, Jell-O, cottage cheese, etc. Chew only on teeth where surgery was not performed for 4-6 weeks and avoid eating nuts, popcorn, seeds (poppy, sesame, raspberry etc.) for the next 4-6 weeks. If bone grafts have been performed, avoid these foods until advised otherwise. Spicy or acidic foods may cause a burning sensation. Hot beverages or soups may soften the dressing (if used).
- Maintain your prescribed plaque control procedures on those teeth where surgery was not performed. Do not brush or floss anywhere near the surgical area. Do not attempt to look at or touch anywhere near the surgical site – any adverse manipulation could cause an undesirable healing and/or result.
- Avoid alcoholic beverages for the next 4-7 days. Avoid smoking for the next 2 weeks.

Slight bleeding is to be expected for the first few hours. Swelling, if it occurs, will normally reach its peak by the 3<sup>rd</sup> to 5<sup>th</sup> day post-operatively and then recede. External heat may be applied to the area starting the third day post-surgery, if desired.

A surgical dressing may have been placed to protect the tissues during healing. It is important to prevent dislodging it. If you should lose a sizable portion, call the office, it may be necessary to repair or replace the dressing. Small pieces of dressing may flake off or dislodge, which is normal and acceptable.

If any problem or questions should arise, don't hesitate to call the office at 303-696-7885.