

Pre- and Post-Operative Instructions



- For Oral Surgery

Pre-Operative Checklist:

Intravenous Sedation

- Do not eat or drink anything for **6 hours** prior to your surgery.
- Regular medications are allowed to be taken with a sip of water (ask your doctor).
- A responsible adult must accompany you and be available to drive you home after your surgery.
- Do not wear make-up, jewelry, or contact lenses on the day of surgery. Leave any valuables at home.

Pre-operative Checklist:

- Obtain your oral care materials, prescriptions, etc. before the day of surgery.
- **Smoking/Vaping** should be stopped at least 2 weeks before and 2 weeks following surgery.

Vitamins/Supplements to Enhance Healing:

Begin 3 days prior, and continue for 5 days after surgery.

- **Vitamin A** 25,000 u/day = 3 tablets/day
- **Bromelain** 1000 mg twice a day
- **Vitamin C** 250-500 mg a day



Stop taking the following 2 weeks prior to surgery:

- Aspirin
- Garlic
- Vitamin E
- Ginkgo Biloba
- Fish oil



Stop Smoking!

- **Smoking/Vaping/Marijuana Smoking** should be stopped at least 2 weeks pre- AND post- surgery.
- Smoking impairs circulation and impedes proper healing.
- Infections and oral wound problems are much more likely if you continue to smoke!

Postoperative Care of Your Oral/Socket Wound:

Supplies Needed:

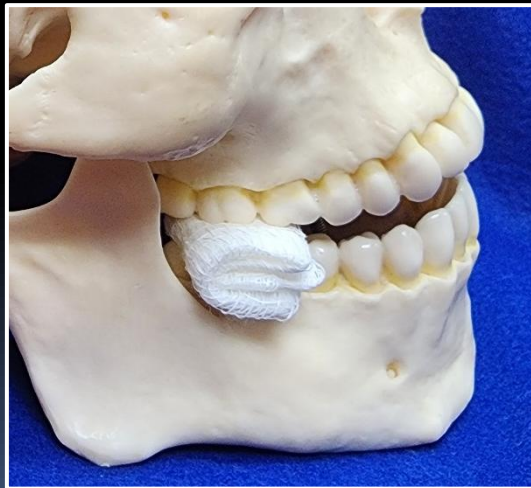
- Gauze (you will be given)
- Cool Packs
- Salt/Water
- Pain Meds
- Tea Bags



Postoperative Care of Your Socket/Oral Wound 1st Day:

- Bite down on folded gauze packs for 30 minutes
- If bleeding persists replace with a new pack for 30 minutes
- If the bleeding persists moisten a tea bag and apply to the extraction site for 30 minutes
- Sometimes, there is a slow ooze through the evening of the first day
- Call if you have any questions.

Fold Gauze twice to make Pack



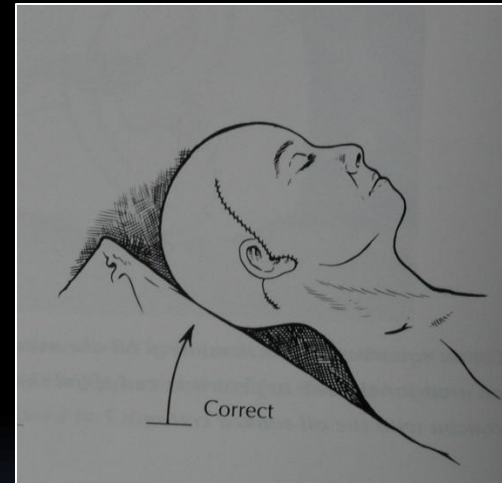
Bite for 20-30 minutes



Moisten tea bag

Position When Sleeping

- **Elevate your head and back** using 2-3 pillows when you sleep or rest.
- Do not lay flat on your back as this will increase your swelling.



ICE (Cool Packs)

- Ice must be used over the surgical area (20 minutes on, 20 minutes off) as much as possible while you are awake.
- A bag of **frozen peas** or a **moist towel placed in the freezer** conforms to the shape of your face and jaw nicely.
- Use the ice for the first 48 hours after surgery.



ACTIVITY

- During your first postoperative day, stay up as much possible.
- Sit, stand or walk around rather than remain in bed during the day.
- Avoid bending over or lifting more than 5 pounds during the first week.
- Protect your face and neck from bumps, hits or injuries!

DIET

- Adequate fluid intake is important.
- Begin with fruit juice, water, and soft drinks sipped frequently.
- Eat soft, easily chewed foods.
- Resume your regular diet as you tolerate it.

SPORTS

- No swimming, gym, or strenuous activities for one week.
- Walking is encouraged as soon as possible after surgery.
- No surfing or diving for one month.

PAIN MEDICATIONS



- The combination of Tylenol (325-650 mg 3 x day) and Naproxen (220-500 mg 2 x day) (Aleve) or Ibuprofen (Advil) work best
- On rare occasion narcotic medication eg oxycodone may be prescribed for a short period if needed.
- Do not drive or operate machinery while taking medications containing narcotics.
- Narcotic medications may cause nausea, dizziness, light headed, and/or constipation.
- Call the office if you have any questions concerning any side effects.

ANTIBIOTICS

- On occasion antibiotics are required after your surgery to treat or prevent infection
- Depending on the type of antibiotic you are prescribed you will be instructed to take one tablet 2, 3, or 4 times per day.
- The important point is to take the antibiotic until it is gone.

Report the Following!

- **Sudden** or excessive bleeding, swelling or bruising.
- Any itching, rash or reaction to medications.
- Fever, temperature over 100 degrees.
- Any injury to the face.
- We are available 24 hours a day.

Questions?

Remember:

- Nothing to eat the morning of surgery
- Ride to and from surgery
- No aspirin, vit E, garlic, or ginkgo
- No smoking or vaping for 2 weeks
- No drinking alcohol for 1 week after