



POST OPERATIVE INSTRUCTIONS

- Pain:** Discomfort is normal after surgery. Unless you are allergic or have a medical condition, such as asthma, ulcers, or a bleeding problem or take a blood thinner, start taking ibuprofen (also known as Advil or Motrin) at ____ / ____ am/pm. Take ____ mg every ____ hours. Please continue this dosing regimen for ____ days / or as needed. If you still have pain despite taking ibuprofen, take your prescribed narcotic in addition to the ibuprofen. Ibuprofen and narcotics can be taken concurrently. Take your pain medication with food; this will help reduce your risk of nausea and vomiting. Narcotics impair your judgment and reflexes.
- Bleeding & Bruising.** Gauze pad(s) **should be placed directly over the extraction site(s) and held in place with firm biting pressure.** Proper placement will help you not swallow blood, which can make you nauseated. Replace the gauze pad(s) every 30 minutes. When the gauze pads have little or no blood on them, they are no longer necessary. The amount of bleeding will vary from person to person. Most of your bleeding will slow within 4 hours, but small amount of bleeding is common for first 24 hours. Gauze pads are not needed while sleeping. Unless told otherwise, your sutures (stitches) will fall out on their own. This process typically takes 7 to 14 days. If a tissue sealant is used, it too will exfoliate on its own in 7 to 14 days. Bruising is not common after oral surgery. However, as with any surgery, bruising is possible. Patients most likely to experience bruising are those on blood thinners, the elderly, and those undergoing more extensive surgery.
- Oral Hygiene.** Do not rinse, spit, or brush your teeth the day of surgery; this may prolong your bleeding. Begin salt-water rinses and brush your teeth the **day after surgery.** It is important to brush all of your teeth, even if the teeth and gums are sensitive. Bacterial plaque and food accumulation near the extraction site will delay healing. Rinse with warm salt water after meals. To make the salt-water solution, dissolve 1/2 teaspoon of salt in a small glass of warm tap water.
- Swelling.** Swelling is normal after surgery and is a major cause of post-operative discomfort. Swelling typically peaks by the 3rd day and then starts to resolve; it can be reduced by the **use of an ice pack.** Apply the ice pack over your cheek and jaw at 10 minutes intervals. Continue icing the face for the first 24 hours. Do not freeze the skin. Ice packs are useful for the first 24 hours. Also, **keep your head elevated on 2 pillows** for 3 to 4 days. These measures will not eliminate swelling, but they help to reduce its severity.
- Diet.** To allow blood clots to form undisturbed, do not eat for **2 hours after surgery.** Always cool down any hot foods or liquids during the first 24 hours. If you were sedated for surgery, start with clear liquids, such as apple juice, tea or broth. Gradually ramp up your diet as tolerated. Eat only soft food for the first week: for example, soups, eggs, mashed potatoes and meatloaf. **Do not use a straw;** this will disturb your blood clot, cause more bleeding and, potentially, impair healing.
- No Smoking.** Smoking will increase bleeding and impair healing. Smokers are at a greater risk for dry socket.
- Activity.** Unless told otherwise, do no vigorous physical activity for ____ days following your surgery. Physical activity increases your blood pressure, which will cause an increase in your swelling, pain, and bleeding.
- Emergencies.** If there are any serious problems or questions, one of our group's doctors is available 24 hours through the answering service at (707) 545-4625.



PRE-OPERATIVE INSTRUCTIONS

1. If you have been scheduled to have general anesthesia for your surgery it is essential that you **do not eat or drink anything for 8 hours before surgery**. Any liquid or solid food in your stomach during anesthesia can have life-threatening consequences. If you have accidentally eaten anything prior to surgery, inform the doctor immediately.
2. You must **bring a responsible adult who can drive you home**. You will be “groggy” for several hours after your surgery and unable to drive. If you have been given a prescription to take prior to surgery, make arrangements to be driven to the office. **Do not drive yourself**. Sedative medications can act quickly and seriously affect your driving ability.
3. **Wear loose fitting and comfortable clothing**. We recommend a short-sleeved shirt for ease in taking your blood pressure and applying monitors. A T-shirt, loose fitting pants and gym shoes are always a good choice.
4. Take care of financial arrangements, ask questions and use the restroom before surgery. You will be too sleepy to remember these things afterward.
5. **Call if you have any questions concerning these instructions or your scheduled appointment**.
6. While the thought of any surgery can be a little frightening, our patients usually find it to be a comfortable, pleasant and painless experience. Please let us know if there is anything that we can do to accomodate you.