Pre-Operative Surgery Instructions

Your appointment is scheduled for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please be aware we require a 48 business hour notice for all appointment changes Tuesday – Friday and 72 business hours notice for appointments on Monday. A fee will be assessed if we do not receive sufficient notice of change.

**Checklist before your surgery:**

1. NO smoking- This affects the level of comfort during your appointment and can negatively affect the amount of time we can work on you.
2. NO alcohol 48 hours prior to surgery- the dentist cannot safely treat you if you have had alcohol, narcotic pain medication, or any street or recreational drugs.
3. NO caffeine 24 hours prior.
4. **Review your regular prescriptions and take as directed. (Especially blood pressure medications)**
5. Avoid any of these medications for **one week before** your procedure, unless otherwise instructed:

Advil Aleve Celebrex Feldene Ibuprofen Motrin Multi-Vitamins Nuprin

**Other Over-The-Counter Medications to avoid which Contain Aspirin include:**

Alka-Seltzer Effervescent Pain Reliever and Antacid / Alka-Seltzer Plus Cold Medicine

Anacin Analgesic Capsules and Tablets

Anacin Maximum Strength Analgesic Capsules and Tablets

Arthritis Bayer Time-Release Aspirin

Arthritis Pain Formula by the Makers of Anacin Analgesic Tablets

Arthritis Strength Bufferin

Aspergum

Bayer Aspirin, Bayer Children’s Chewable Aspirin and Bayer Children’s Cold Tablets

Bufferin

Cama Inlay-Tabs

Congespirin

Coricidin c’D Decongestant Tablets

Coricidin Demilets & Medilets Tablets for Children

Coricidin Tablets

Ecotrin Tablets and Ecotrin Maximum Strength

Emprin

EmTab – 650 Tabs

Excedrin

Extra-Strength Bufferin Capsules & Tablets

4-Way Cold Tablets

Goody’s Headache Powders

Midol

Momentum Muscular Backache Formula

Norwich Aspirin and Extra Strength Aspirin

Panalgesic

St. Joseph Cold Tablets for Children

Sine-Off Sinus Medicine Tablets – Aspirin Formula

Triaminic Tablets

Vanquish

**CHECKLIST TO USE IF IV SEDATION IS BEING PERFORMED WITH YOUR TREATMENT:**

1. Do not eat or drink 8 hours prior to the procedure. Take **all** prescribed medications with a small amount of water. **(Especially blood pressure medications)**
2. Notify us of any allergy to Fentanyl, Versed, Demerol or Phenergan
3. All diabetics taking Insulin, should take ½ the dosage of their Insulin in the morning of the dental appointment. Diabetic patients taking Insulin will have early schedule priority. Sugar level should be checked the morning of the appointment.
4. Remember to remove any fingernail polish. This will not allow us to get a pulse oximetry reading during the sedation.
5. Leave jewelry and watches at home.
6. Do not wear contact lenses.
7. Wear short sleeves and comfortable clothing. Bring a light weight button-up or zipper jacket or sweater. Wear comfortable shoes and socks. Please do not wear white clothing to your surgical appointment
8. It is essential that you have an escort who drives you to & from your appointment. You will not be able to drive for the rest of the day. A blanket and pillow in the car is advisable for comfort on your return trip home.
9. **For your safety you must have someone with you at home for the remainder of the day to monitor you.**

Post-Operative Surgery Instructions

**GENERAL INFORMATION**

The following is a list of GENERAL INSTRUCTIONS following treatment. These general instructions are designed to minimize your post-operative discomfort and inform you of situations which may arise.

* Please be aware you will need to avoid **heavy lifting** and exercising for 2 weeks post treatment. Light exercising is ok.
* Bend at your knees when picking things up
* An oral rinse or gel will be provided; please use for 7 – 10 days after your surgery. If using the Rinse, gently swish in the morning and evening for 30 seconds. Place the gel directly on the graft site with a cotton swab or clean finger. *NO EATING OR DRINKING* for 20 minutes after using either of them.
* **Oral Hygiene:** *Do not use an electric toothbrush for at least 8 weeks unless notified by your doctor.* You can begin brushing your teeth immediately, rolling the toothbrush away from your gums with strokes up or down. Wait 1 month to begin flossing the area.
* DO NOT SMOKE OR USE ORAL TOBACCO FOR 72 HOURS POST TREATMENT!

**POST OPERATIVE MEDICATION**

* **Please take the medication as prescribed following the directions as your pharmacist has recommended**.
* Do take liquids in immediately and prior to taking any pain medication. This will help prevent nausea, an upset stomach, and expedite the medication’s effects.
* Medications will be prescribed that may include: Metheylprednisone (Medrol DosPak), Amoxicillin, Doxycycline, Clindamycin or Zithromax. Hydrocodone (Norco) or Oxycodone (Percocet) may be prescribed for severe pain. Note that these are narcotic/opioid medications. IF YOU ARE ALLERGIC TO ANY OF THESE MEDS INFORM US IMMEDIATELY.
* 400-600mg Ibuprofen (Advil) and 1000mg Acetaminophen (Tylenol) taken TOGETHER may be all you need to control moderate pain without having to take a narcotic/opioid medication
* Any discomfort you may have should be controlled with proper medication and may not be severe.
* Prescriptions may be dispensed prior to treatment for your convenience. Please do not start medications until **after** treatment unless notified otherwise.
* If an antibiotic is prescribed during treatment, you should take the medication exactly as directed on the prescription until all of the antibiotics are taken.
* Limit alcohol consumption; it may interfere with antibiotics or narcotics if prescribed.
* Do Not exceed the recommended dosage. Take only the medication as prescribed on the prescription.
* Do Not give any of your medication to ANY other individual.
* Female patients that are prescribed antibiotics are recommended to seek alternative birth control methods the entire menstrual cycle.
* Notify the doctor if you have symptoms which may be related to an allergic reaction such as:

- Skin rash / Itching - Hives - Elevated temperature

- Increased and/or erratic heart rate - Nausea / vomiting - Dizziness / fainting

- Blurred vision

**BLEEDING**

* Some minor oozing is to be expected
* To slow and prevent bleeding, bite with light pressure on a gauze pad or frozen tea bag. Pressure should be applied in 30 minute intervals and repeated until the bleeding is controlled. Pressure will assist in the body’s natural blood clotting process.
* If profuse bleeding is still occurring after 3-4 hours, and the above measures have been taken, call the office immediately.
* Sleep with your head elevated. Place an extra pillow under your head; it is recommended to cover your pillow with a towel (just in case some spotting occurs). Try to sleep on your back to avoid any incident while sleeping. Spot bleeding may last up to 2 days.

**SWELLING & BRUISING**

* Swelling and bruising is normal and is to be expected after surgery.
* You may expect some swelling and bruising after dental surgery. Swelling is a part of the natural healing process and may last several weeks. The swelling depends on the nature and the extent of your surgery.
* Individuals with fair skin or who bruise easily may anticipate some discoloration of the skin in the area surrounding the surgical procedure.
* Ice compressions are strongly recommended throughout the day of the surgery. Apply the ice pack gently to the outside of the face in the general area of the surgery at 20 minute intervals, and maintain the ice compressions as much as possible throughout the day. After 72 hours heat will relieve the swelling. Swelling may last 3 days to several weeks depending on the nature and extent of the treatment.

**YOUR DIETARY NEEDS AFTER TREATMENT**

* **Do Not** try to eat **solid** foods until the local anesthetic wears off. You will have no feeling in the surrounding area including your tongue, and may unknowingly bite yourself. However, **you must be sure to eat something after your treatment so you do not make yourself sick.**
* When possible avoid chewing gum in the area or chewing directly on or around the surgical site for 14 days.
* Avoid using straws and spitting for 14 days. The sucking action will cause a vacuum in the mouth and may dislodge the body’s natural clotting process.
* A nutritious diet throughout your healing stage is most important to your comfort, temperament and healing. Hungry people become irritable and less able to deal with discomfort which can follow surgery. Since you will be taking medication, it is important that you are aware that eating can prevent nausea sometime associated with certain medications.
* Take vitamins and eat soft foods high in protein & nutrition
* Milk, along with cooked cereals, scrambled eggs and cottage cheese are recommended for the initial day following surgery.
* Soups, broiled fish, stewed chicken, mashed potatoes and cooked vegetables can be added to your diet as your comfort allows.
* Protein shakes, Nutriment, Ensure, Boost and/or yogurt supply excellent added nutrition. These are especially indicated if other soft foods are not taken in.
* Please avoid acidic foods such as tomatoes, orange juice and citrus foods as they may cause discomfort.

POST-OP INSTRUCTIONS FOR TEMPORARY CROWNS OR BRIDGES

1. Avoid sticky foods such as taffy, caramels, doughy breads, etc.
2. Avoid chewing on the side if at all possible, especially heavy chewing on peanuts, hard candy, popcorn kernels, etc.
3. DO NOT FLOSS THE AREA! Pulling on the floss could remove or loosen the temporary.
4. DO BRUSH THE AREA TO KEEP IT CLEAN IN YOUR USUAL MANNER! This is to keep the area clean and care for the natural teeth and gums. Your teeth may be more sensitive to cold and brushing, but still require proper care.
5. IF THE TEMPORARY LOOSENS, rinse it off and return it to the prepared teeth or store in a safe place and contact the office for an appointment to have it recemented.
   * A temporary is just as stated – it does not in any way resemble the final restoration in color, shape or fit. It is only temporary.
   * If your gums become tender while in a temporary, brush (massage) the gums and rinse with warm water.

BONE GRAFT

1. You may expect to find small granules in your mouth for the first several days.
2. Avoid blowing your nose and consider an over the counter nasal decongestant.
3. DO NOT rinse or spit aggressively for 7 days.
4. DO NOT apply pressure with your tongue or fingers. The material is movable during the initial healing.
5. **DO NOT lift or pull on the lip to look at sutures (stitches). This can cause undue pressure and tear the sutures.**

*Notify the office if:*

* + A suture falls out within the first 3 days.
  + If a large amount of granules are lost from the surgical site.

SINUS ELEVATION

1. Blow your nose and sneeze with nostrils and mouth open, do not try to hold back sneezing for 2 weeks following surgery.

2. DO NOT smoke or use smokeless tobacco.

3. DO NOT take in liquids through a straw.

4. DO NOT lift or pull on the lip to look at sutures (stitches).

5. Take your medication as directed, including the use of nasal spray.

1. You may expect to find small granules in your mouth for the first several days. This is NOT unusual
2. No flying for 10 days post sinus augmentation treatment.

*Notify the office if:*

* + You feel granules in your nose
  + Bleeding from the nose occurs beyond the first 72 hours from treatment

IMPLANT PLACEMENT

**Follow these general instructions**

1. Sensitivity to cold on the natural teeth can occur, and will disappear gradually with time.
2. Avoid ice, ice cream, cold drinks, and solids if they are causing this discomfort.
3. Swelling is to be expected.
4. Recommended: Vitamin C intake 1000 – 2000 mg. per day to aid healing. Take 500 mg 2-4 times daily.
5. DO NOT apply pressure to the implant with your tongue or fingers. DO NOT eat sticky or hard foods.

*Notify the office if:*

* + Numbness persists after initial day of surgery
  + Bleeding has NOT decreased after 3 days
  + The temporary becomes loose or fractures
  + Pain does not decrease after 72 hours
  + The healing cap placed over the implant comes off or becomes loose

GINGIVAL GRAFTING

1. Leave the site(s) alone.
2. Take care of the rest of your teeth; avoid the area the surgery was performed. Accidentally bumping a connective tissue graft could cause the stitches to become loose and the graft to move.
3. Sutures in the palate typically last 3-5 days and will dissolve on their own.
4. Sutures in the grafted area may last 7-21 days on average and will dissolve on their own.
5. If a stitch breaks or becomes loose in the mouth, you may clip the loose strings. If unsure, please call the office to make a follow-up appointment.
6. Do NOT attempt to pull any sutures out.
7. It is normal to experience sensitivity to both temperature and touch for approximately 1 month after surgery.
8. Avoid eating berried fruits, nuts and sharp foods; i.e. chips, pizza crusts, etc. anything that could potentially become trapped in the grafted area or cut through the stitches.
9. Avoid biting directly into anything, especially fruits and sandwiches. Please cut food into smaller pieces and chew on the opposite side from the surgery site (when possible).
10. Avoid brushing the tissue in the area of the gingival grafting. However, be sure to continue to brush the **tooth** itself in order to try to keep the area as clean as possible. Brush the tooth/teeth by rolling the toothbrush **away** from the gum-line. Avoid using an electric toothbrush for 8 weeks.
11. The surgical sites will likely change colors during the healing process. **THIS IS NORMAL.**

SURGICAL POCKET REDUCTION THERAPY/ CROWN LENGTHENING/GINGIVECTOMY

1. Avoid acidic and spicy foods like Buffalo wings, salty foods, tomatoes, and/or lemons. It could cause sensitivity in the gums.

***Notify the office if any of the following occurs:***

* + Swelling increases after the third day
  + There is a malodor
  + Fever after 72 hours
  + Pain does not decrease after 72 hours
  + Heat in the area of the surgical site after 72 hours
  + A suture falls out within the first 5 days
  + There is a constant flow of blood that cannot be stopped after applying firm pressure for 30 minutes

**If UNCONTROLLABLE bleeding, swelling, pain or infection occur call immediately.**

*During the day please call the office: 614-889-8222**After hours: Doctors emergency cell: 614-507-7501*

*(If you do not receive a response within 10 minutes please call again)*

*Go to the emergency room if you are unsuccessful, and bleeding persists* ***or***

*if it is a life threatening emergency, please dial 911 immediately.*