

ARIZONA CENTER FOR IMPLANT, FACIAL AND ORAL SURGERY

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Following these instructions will make your stay with us more comfortable and your care easier.

INSTRUCTIONS FOR GENERAL ANESTHETIC OR SEDATION

- 1. YOU MUST NOT HAVE ANYTHING TO EAT OR DRINK FOR AT LEAST 6-8 HOURS BEFORE YOUR SURGERY. *Except clear liquids (water, Gatorade, apple juice) which you can have up to 8 ounces 2 hours before the surgery. Please take your normal morning medications with a small amount of water, unless otherwise directed.* Failure to follow these instructions may result in rescheduling your surgery.**
- 2. YOUR ESCORT MUST REMAIN IN THE OFFICE DURING YOUR OFFICE VISIT AND BE ABLE TO DRIVE YOU HOME AFTER SURGERY.**
3. Please wear a short sleeve and loose fitting blouse or shirt to allow proper placement of monitors and venous access. Please do not wear excessive jewelry or necklaces and refrain from the use of contact lenses and false eyelashes. Wear your hair down and only wear light makeup. Wear comfortable slacks and shoes (No flip flops / slippers).
4. If a removable dental appliance is to be placed on the day of surgery, please bring it with You if it was given to you by your dentist.
5. You should plan to rest at home for the remainder of the day of surgery. An escort should be available to assist you for at least 4 hours following surgery. You should not drive or operate machinery for at least 24 hours following surgery or within 8 hours of taking prescription pain (narcotic) medications.
6. If you have any questions regarding these instructions, please feel free to call our office and we will be happy to assist you.
7. **For Women Only: If there is a chance that you may be pregnant, please take a pregnancy test and discuss the results with your surgeon and staff prior to your surgical appointment.**

Medication Prescriptions

You were probably prescribed medications during your consultation visit. We have listed the guidelines for taking these prescribed medications and if you have any questions, please call our office.

PLEASE PICK UP YOUR PRESCRIPTIONS AT YOUR PHARMACY PRIOR TO TREATMENT AFTER YOUR CONSULTATION

Medications generally taken by adults AFTER surgery:

Prescription medications:

- Vicodin (Hydrocodone) 1 or 2 tablets by mouth every 4-6 hours as needed for pain
- Percocet (Oxycodone) 1 or 2 tablets by mouth every 4-6 hours as needed for pain
- Motrin 600-800mg 1 tablet by mouth every 8 hours as needed for pain
- Decadron (Dexamethasone) Start by taking 1 tablet by mouth 8 hours after surgery (AFTER eating) and then 1 tablet by mouth every 8 hours until gone.
- Peridex (chlorhexidene) Rinse with ½ ounce for 30 seconds and then expectorate, twice a day. Begin use the day AFTER surgery.
- Amoxicillin (500mg cap) 1 tablet by mouth 8 hours until gone

- Clindamycin (150mg) 1 tablet by mouth every 8 hours until gone.

Over the counter medications (no prescription needed) you need to obtain

- Ibuprofen, Motrin, Advil (200mg tabs) (Over the counter- OTC) 3-4 tablets by mouth every 6 hours as needed for pain
- Extra-Strength Tylenol (500mg tabs) (Over the counter- OTC) One tablet by mouth every 6 hours as needed for pain in combination with Motrin, Ibuprofen, or Advil

Other Medications:

- Topical Anesthetic Cream Apply cream to the indicated area 1 hour before appointment and cover with bandage.

*As with any medication, if you begin to feel adverse effects (skin rash, difficulty breathing, heart palpitations, sweating and/or nausea), please call the office to discuss this matter with the doctor.

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POST-OPERATIVE INSTRUCTIONS

*****PLEASE READ BOTH SIDES OF THESE INSTRUCTIONS CAREFULLY*****

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt, follow these guidelines or call our office for clarification.

DAY OF SURGERY

FIRST HOUR: Bite down gently but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Once you arrive at home, remove the gauze. Eat something soft and cool (i.e. Smoothie, Yogurt, Ice cream, Banana's) and drink fluids. While you are numb, it is easier to drink fluids with a straw but only use the straw for "easy to pass" liquids (i.e. Water, Gatorade, Apple Juice, Pedilyte, Tea, Soda, etc.). Then take pain medications as discussed below. Rinse out the mouth and then place new gauze over the surgical sites and maintain pressure on them for at least 45 minutes. The packs may be gently removed after this time hour. If active bleeding persists, place enough new gauze to obtain pressure over the surgical site (not on the teeth) for another 30 minutes. The gauze may then be changed as necessary (typically every 30 to 45 minutes). It is best to moisten the gauze with tap water and loosely fluff for more comfortable positioning.

OOZING: Minor intermittent bleeding or oozing overnight is normal. Bleeding maybe controlled by placing fresh gauze over the areas and biting on the gauze for 30-45 minutes at a time.

PERSISTENT BLEEDING: Bleeding should never be severe. If so, it usually means that the packs are being clenched between the teeth only and are not exerting pressure on the surgical areas. Try repositioning the packs. If bleeding persists or becomes heavy you may **substitute a tea bag** (soaked in very hot water, squeezed damp-dry and wrapped in moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office.

WOUND CARE: Do not disturb the surgical area today. DO NOT rinse vigorously or probe the area with any objects. You may brush your teeth gently. PLEASE DO NOT SMOKE for at least 48 hours, since this is can delay initial healing.

SWELLING: Swelling is often associated with oral surgery. It can be minimized by using the cold pack provided and apply firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 24 hours after surgery. If you have been prescribed medicine for the control of swelling, be sure to take it as directed.

PAIN: Unfortunately most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication. We prefer you use "over the counter" (OTC) medications initially and if this suffices for pain relief, then do not use the narcotic type pain releavers. **Once you arrive home after surgery and have ate / drank something, then take Extra Strength Tylenol (500mg) WITH 600 mg's of Ibuprofen (AKA: Motrin or Advil)** and repeat this every 6 hours for the first few days after surgery. Caffeine makes these medications work better, so soda with caffeine, tea or warm coffee will also help. **If you take these medications before the anesthetic has worn off, you should be**

able to manage any discomfort better. Some patients find that stronger pain medication causes nausea, but if you precede each pill with a small amount of food, chances for nausea will be reduced. The effects of pain medications vary widely among individuals. If you do not achieve adequate relief at first, you may supplement the Tylenol / Motrin combination with one narcotic pain pill. Some patients may even require two of the narcotic pain pills at one time. Remember that the most severe pain is usually within six hours after surgery and after that your need for medicine should lessen. **If you find you are taking large amounts of pain medication at frequent intervals, please call our office.**

NAUSEA: Nausea is not uncommon after surgery. Sometimes the pain medications are the cause. Preceding each pain pill with a small amount of soft food, and taking the pill with a half glass of fluids can reduce nausea. Try to keep taking clear fluids and minimize the dosing of pain medications, but call us if you do not feel better. Sips of 7up or Sprite may help with nausea.

DIET: Eat any nourishing food that can be taken with comfort. Avoid extremely hot foods. While you are numb, it is sometimes advisable to confine the first day's intake to liquids or pureed foods (soups, puddings, yogurt, milk shakes, etc.). After the numbness resolves and over the next several days after surgery, you may gradually progress to solid foods. It is important not to skip meals! If you take nourishment regularly you will feel better, gain strength, have less discomfort, and heal faster. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

SHARP EDGES: If you feel something hard or sharp edges in the surgical areas, it is likely you are feeling the bony walls that once supported the extracted teeth. Occasionally small slivers of bone may work themselves out during the following week or so. If they cause concern or discomfort, please call the office.

INSTRUCTIONS FOR THE SECOND AND THIRD DAYS

MOUTH RINSES: Keeping your mouth clean after surgery is essential. We recommend using non-alcoholic mouthwashes such as Biotene, Crest Pro Health or Listerine Zero. Repeat at least two to three times daily.

BRUSHING: Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort.

MOIST HEAT APPLICATIONS: You may apply warm compresses to the skin over the areas of swelling (hot water bottle, hot moist towels, and heating pad) for twenty minutes on and twenty minutes off to help soothe tender areas. This will also help decrease swelling and stiffness.

HEALING: Normal healing after tooth extraction should be as follows: The first two days after surgery are generally the most uncomfortable and there is usually some swelling. On the third day you should be more comfortable and, although still swollen, can usually begin a more substantial diet. **The remainder of the post-operative course should be gradual, steady improvement.** If you don't see continued improvement, please call our office.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have any questions about your progress, please call our office. If you have an emergency after hours, call our office and follow the prompts to get a hold of the doctor. Calling during office hours will afford a faster response to your question or concern.



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**Fellows: American Association of Oral & Maxillofacial Surgeons
Diplomates: American Board of Oral & Maxillofacial Surgery
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POST - OPERATIVE IMPLANT INSTRUCTIONS

Bleeding

Intermittent bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze over the area and gently biting for 20-30 minutes at a time.

Swelling

Minor swelling is often associated with oral surgery. It can be minimized by using a cold pack, ice bag or a bag of frozen peas wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 24 hours after surgery.

Eating/Cleansing

Eat any nourishing food that can be taken with comfort. Avoid extremely hot foods. It is best to avoid foods like nuts, sunflower seeds, popcorn etc., which may irritate the surgical area. Please avoid excess pressure on the surgical area, as the implant(s) should remain undisturbed as it bonds with your bone.

Please begin your normal oral hygiene routine as soon as possible after surgery, with the exception of very light brushing over the surgical area so as not to irritate the tissue. Keeping your mouth clean after implant placement is essential. If prescribed a mouth rinse, please use as directed. Otherwise, a Listerine type of rinse is to be used 2 times daily to assist in good oral hygiene.

Smoking

Please refrain from smoking for 24 hours following your procedure. Smoking, at any time has been shown to increase the risk of implant failure.

Nausea

Nausea is not uncommon after surgery. Sometimes pain medications are the cause. Nausea can be reduced by preceding each pain pill with a small amount of soft food and a large volume of liquid. Often times, a much milder analgesic such as Tylenol or Ibuprofen is all that is needed for pain.

Unless otherwise directed, the use of flippers and temporary crowns (if used) following implant placement are for esthetic purposes **only**.

It is our desire that your treatment be as pleasant as possible. Following these instructions will assist you, but if you have any questions, please feel free to call our office. If you have an emergency after hours, call our office and follow the prompts to get a hold of the doctor