



**Anthem Dental & Implants**

**702-616-1600**

## **Oral Surgery Pre-Operative Instructions**

- Take all of your regular medications with a minimal amount of water unless you are instructed to do otherwise by a doctor in this office or your primary medical doctor. If you are taking a blood thinner, make sure to inform your dentist and have a plan in place with your physician about adjusting your dosage.
- If you are scheduled to have local anesthetic only: Please make sure you eat a good meal before coming to your appointment. We recommend having Ensure or protein shakes at home to have after your surgery (unless your physician has you on a no/low protein diet).
- If you are scheduled to have nitrous oxide analgesia (N2O): You may not have anything to eat or drink (including water) for 3 hours before the appointment unless otherwise directed.
- No smoking for at least 12 hours before surgery. Ideally, cut down or stop smoking as soon as possible before the day of surgery.
- A responsible adult must accompany the patient to the office, remain in the office during the procedure, and drive the patient home.
  - Plan to rest for the remainder of the surgery day. The patient should not drive a vehicle, operate any machinery, or make important decisions for 24 hours following intravenous anesthesia.
- Please wear loose-fitting clothing with sleeves that can be rolled up past the elbow and low heel shoes.
- Contact lenses, jewelry, and dentures must be removed before surgery.
- Do not wear lipstick, excessive makeup, or nail polish on the day of surgery.
- The use of alcohol or recreational drugs can have an adverse effect on the anesthesia medications that we use. Please discontinue the use of such for at least 72 hours before your procedure.
- If you have an illness such as a cold, sore throat, or stomach or bowel upset, please notify the office.
- If, for some reason, you are unable to keep your surgery appointment, we request a minimum 8 hours' notice of cancellation to avoid any fees.
- Women, please note: Some antibiotics may interfere with the effectiveness of your birth control pills. Please check with your pharmacist.



## Oral Surgery Post Operative Instructions

### INSTRUCTIONS AFTER SURGERY

Please read and follow these instructions carefully, since post-operative care is very important. Unnecessary pain and the complications of infection and swelling can be minimized if the instructions are followed. The after-effects of surgery should vary per individual, so not all of the information may apply. Please feel free to contact us at any time should you have any questions or concerns.

### IMMEDIATELY AFTER SURGERY

-You will have numb lips and teeth due to the residual effects of the local anesthetic ("Novocaine"). The numbness should last approximately 2-6 hours. You will also be biting on moist piece of gauze over the extraction sites.

-Remove gauze in 30 minutes. If oozing continues, then replace with a fresh gauze for an additional 30 minutes. There should be constant, firm pressure at the extraction sites. When the bleeding has been controlled, you should attempt to drink some full liquids ( without using a straw), such as milkshakes, smoothies, pudding, or applesauce.

-If you are able to tolerate liquids in your stomach, you should take the ibuprofen (Ibuprofen 600mg) prescribed to you by the doctor as soon as you are able. This is the prescription strength and is much stronger than the Ibuprofen/Advil that you get over the counter. You should take ONE at a time and NO MORE THAN FOUR PER 24 HOURS. It should be taken around the clock every 6 hours for the first 48 hours after surgery. It will provide good baseline pain relief without the side effects of narcotics.

-Nausea and vomiting is a very common side effect of the narcotic prescription pain meds, especially when taken on an empty stomach. Be very careful with you first dose. Make sure you have some thick liquids in your stomach, and if you are particularly sensitive, take half a tablet for your first dose. Taking the narcotic medication is not required. Thus, if you don't need it, you don't have to take it.

-Apply ice packs to your face for 20 minutes every 2 hours for the next 24 hours. Keep your head elevated at all times to decrease the pressure in your head and jaws.

-Remember to keep hydrated and drink plenty of liquids to help with the healing process. However, you should not use a straw and avoid carbonated beverages during the recovery period.

**-DO NOT SMOKE/VAPE**, irritants in cigarettes/vape will increase your chance of prolonged pain and complications. The risk is highest in the first week, therefore, **you should not smoke for at least 10 days.**

-Some bleeding and oozing is very common over the next 24-48 hours. If the wound is actively bleeding, apply rolled up gauze over the extraction site and firmly bite down for 30 minutes. Be sure that the gauze is putting pressure directly over the gum tissue where bleeding is occurring.

**-THERE SHOULD BE NO VIGOROUS RINSING OR SPITTING WHEN ACTIVELY BLEEDING, AS THIS WILL MAKE IT WORSE.**

-If bleeding persists, you may use a moistened tea bag directly over the extraction site and apply firm pressure for 30 minutes.

-Unless otherwise stated, most stitches will dissolve. They will last in the wound for 2-28 days. Dissolution of the sutures within this period is normal and need not be replaced.

-You should only consume non-solid foods for the first 2-3 days. Some recommendations are:

Ice Cream	Yogurt
Soup	Scrambled eggs
Popsicles	Pudding
Jell-o	Mashed potatoes
Sorbet	Milkshakes (No straws)

Please avoid carbonated beverages for the first 3 days following surgery.

Please avoid nuts seeds, popcorn and chips for the first week after surgery.



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### **NEXT 2-3 DAYS AFTER SURGERY**

- Your face and cheeks could become dramatically swollen in the next 24-48 hours. Your doctor has given you medicines that minimize the swelling, but it cannot be completely eliminated. The swelling should reach its peak by the second day after surgery.
- Bruising and skin discoloration are not unusual. The discoloration can be yellow or black and blue, depending on the fairness of your skin, and is usually limited to the neck or cheek area near the surgical site. This is caused by bleeding through the mucus membranes of the mouth beneath the skin. It often takes a week for this to completely disappear.
- You should be able to brush your teeth the next day, but brush gently and avoid brushing over the wound. Good hygiene will minimize the bacteria in your mouth, decreasing your chance of an infection.
- By the second day following the surgery, you should use warm salt water rinses 2-3 times a day after eating to keep debris from accumulating at the surgical site. Use one-half teaspoon of salt dissolved in an 8 oz glass of warm water and gently rinse with the portions of the solution, taking 5 minutes to use the entire glassful. Repeat as often as you would like, but at least 2-3 times per day for the next 7 days, especially after eating.
- You should avoid any strenuous exercise for 5-7 days.
- If you were prescribed an antibiotic, or are currently taking oral contraceptives (Birth Control Pills), you should use an alternative method of birth control for the remainder of this cycle.
- After your one week post op appointment you may be able to advance to a soft diet consisting of minimal chewing, such as pasta, macaroni and cheese, pancakes, etc. For full denture patients, it is likely continue to be on a non- diet for a few more weeks.
- Numbness of the lower lip and chin is a potential complication of extracting lower teeth, especially wisdom teeth. If you experience these symptoms one week after surgery please contact our office. The injury is usually temporary, but full recovery can take up to 6 months.

### **ONE WEEK AFTER SURGERY**

- If you have continuing pain, swelling, fever and a bad taste in your mouth, it is possible that you have an infection at the extraction site. If you experience these symptoms a week after the surgery, please contact our office for a visit.
- A dry socket is a condition in which the blood clot that has formed in the extraction socket that has either dislodged or dissolved. It is a very painful condition along the surgical site which occurs 5-7 days following extractions, often radiating toward the ear and forward along the jaw which may cause other teeth to ache. Fortunately, it is a self limiting process and with adequate pain control, resolves itself in 24-48 hours.

### **SPECIAL INSTRUCTIONS FOR SINUS EXPOSURE**

Upper teeth near the back of the upper jaw are usually very close to the maxillary sinus, which are air-filled cavities beneath your eyes and behind your cheek bones. A frequent complication of removing upper molar (back) teeth is exposure of the sinus floor. Most exposures will heal spontaneously or with minimal intervention as long as the following instructions are strictly adhered to after surgery.

- Some intermittent nose bleeding from the side of the surgery is a normal occurrence.** Please do not be alarmed.
- Do not blow your nose vigorously for TWO WEEKS.** There is a natural communication between your nose and sinus. Any positive pressure in your nose will be directly transferred to the sinus and subsequently to the fresh extraction site. If you feel "stuffed up", decongestants such as: Drixoral, Dimetapp, or Sudafed will help reduce pressure in the sinuses.
- Please keep your tongue away from the fresh surgical site.** As the swelling subsides, the stitches might feel like they are loosening up. Please don't cut them prematurely.
- Do not use straws for 2 weeks.** The negative pressure generated from the straw will lead to breakdown to the fresh extraction site.
- Do not smoke for 2-3 weeks.** Smoking has a much more profound influence on oral heal wounds than any other part of the body. Since the effect of smoke is directly in contact with the healing wound. Wound breakdown and poor healing is ten times more prevalent in smokers than nonsmokers.
- When sneezing, do so with your mouth open and do not hold your nose.** This generates pressure be released



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without transmitting to your sinuses.

**-Anything that causes pressure in your nasal cavity must be avoided.** Avoid “bearing down”-as when lifting heavy objects, blowing up balloons, playing musical instruments or any other activity that increases oral or nasal pressure.

**-Scuba diving or flying in pressurized aircraft may also increase sinus pressure and should be avoided.**

**-Failure to adhere to the instructions could result in a permanent communication (fistula) between your mouth and sinus. This would require an additional, highly invasive surgery that would incur further cost and recovery time. Prevention is always the most prudent option.**

### **SPECIAL INSTRUCTIONS AFTER REMOVAL OF MULTIPLE TEETH AND INSERTION OF DENTURES**

Leave your denture in place for 34 hours. This will help with clot formation and minimize bleeding.

-Frequently, the dentures will feel very loose. This is intentional to account for swelling that might develop in the first 72 hours. Please refrain from using any adhesive or denture paste in the region of the fresh wounds until they are fully healed.

-You will develop sore spots and lacerations where the dentures are contacting the gums. These are normal occurrences and should improve with time, as long as you see your dentist for regular adjustments. We would like to see you in a week after surgery and make the necessary adjustments to relieve sore spots. Failure to do so may result in severe denture sores, which may prolong the healing process.

-After the first week, you should routinely leave the dentures out at night. Wearing the dentures excessively can cause superficial fungal infection and inflammation due to the chronic pressure.

**-Your dentures are only cosmetic for the first 4-6 weeks. It will take you this long for you to become comfortable with your dentures. Please be patient, since most people have a long adjustment period for their dentures. This is especially true for lower dentures.**

### **SPECIAL INSTRUCTIONS AFTER IMPLANTS OR BONE GRAFTING**

-Additional instructions apply for any implants or bone grafting procedures. Frequently, the stitches for these procedures are not dissolvable. We need additional time for the wound to heal to protect the underlying implant or graft. The stitches will need to remain in the wound for up to 4 weeks. During this period:

-Do not disturb the wound and/or sutures. It will be natural tendency for your tongue to touch and play with the sutures. This will cause early wound breakdown and exposure of the implant or graft, resulting in a higher failure rate.

-Keep all chewing limited to the opposite side or non-operated areas of the mouth.

-Do not brush over the fresh wound for at least 2 weeks. Following the second day, gentle rinsing is allowed, but not too vigorously.

-As the swelling subsides, it might feel like the stitches are loosening up. Do not cut them!

-Partials dentures or flippers cause unnecessary sores or ulceration of the wound edges and breakdown of the suture margins can lead to failure of the graft or implant. When you are at home and not in public. Please take them out.