

INSTRUCTIONS FOR OSSEOUS SURGERY

PRE-OPERATIVE:

- Avoid alcoholic beverages.
- Minimize or avoid smoking.
- Avoid aspirin seven days prior to and after surgery.
- Avoid blood thinning agents 3 days prior to procedure.
- If you have been prescribed a sedative or antibiotic, take as directed.
- If taking any other medications, take as usual unless otherwise directed.

DAY OF SURGERY:

- You must have a ride here and home if a sedative is going to be used.
- Eat a light breakfast or lunch avoiding excessive liquid intake and caffeine. Wear short sleeves so we can monitor your blood pressure if necessary.
- We do suggest you call 30 minutes before arriving to make sure we are running on time.
- Because surgeries can take less or more time than scheduled, please be flexible with your schedule and allow for changes that day.

POST-OPERATIVE:

- Rest for the remainder of the day keeping your head elevated. Place an ice pack on the outside of your face using fifteen minute intervals as a guideline for up to seventy-two hours.
- Eat soft, high protein foods the day of surgery.
- If you wear a nightguard please continue to do so

MEDICATION:

- Do not take the prescribed pain reliever while driving or working.
- If you are given an antibiotic, take as directed **until gone**.
- Use the prescribed rinse as directed. Swish gently (begin 48 hours after surgery).
- If you have any reaction to medication, please discontinue and call the office immediately.

BLEEDING:

- Slight bleeding is expected. If you notice excessive bleeding, use a moist gauze or black teabag with pressure for a minimum of five minutes.
- Keep your head elevated.
- Do not rinse your mouth, spit or use a straw today.

ORAL HYGIENE:

- Do not brush or floss your teeth in the area of the surgery for three days.

******* ALCOHOL AND SMOKING WILL IMPAIR HEALING *******

SOFT FOOD RECOMMENDATIONS

Instant breakfast or energy drink
Pasta
Scrabbled eggs
Yogurt
Jello or pudding

Soup
Cottage Cheese
Mashed or baked potatoes
Ice cream
Smoothies