



Please read the following instructions carefully. Following these instructions will make your recovery more comfortable and decrease the chance of any complications during or after surgery.

PRE-OPERATIVE INSTRUCTIONS

1. **TAKE NOTHING BY MOUTH (THIS INCLUDES FOOD, WATER, TEA, COFFEE, ETC.) FOR 8 (EIGHT) HOURS BEFORE SEDATION (ORAL OR IV)**, except prescribed medications as directed.
2. **Please continue all prescribed medications unless otherwise instructed by your doctor. This including blood pressure medications, blood thinners, etc.** If you are Diabetic, instructions will be specific to your case.
3. Please inform the office of any recent changes to your **MEDICAL STATUS** and/or **MEDICATIONS** prior to your appointment.
4. If an antibiotic is prescribed, begin the day prior to surgery with food, unless otherwise instructed. If you take premedication antibiotics for prosthetic joint(s) or risk of infective endocarditis, please take them **1 hour** prior to surgery with a small sip of water.
5. Smoking can lead to poor healing. It is important to discontinue smoking **2 weeks** (6 weeks is preferable) prior to your surgery and at least **2 weeks** following your surgery.
6. If you are planned to receive oral sedation, please bring all prescriptions to the surgery appointment so that you can take the medication in our office.
7. You must make arrangements for a someone to drive you home. The person **MUST** be a family member or a friend. No taxi service or Uber is permitted. Your driver may wait in the reception area or we can notify your driver of the estimated time for completion of the surgery. Your driver must return to pick you up **30 MINUTES** before you are scheduled to leave. Once home, you must have someone stay with you for **6 (SIX) HOURS**.
8. Wear loose comfortable clothing with short sleeves, or sleeves which can be rolled above the elbows. Remove earrings, watches, jewelry, contact lenses, and nail polish prior to arriving for appointment.
9. After oral sedatives (such as Halcion) or IV sedation, **YOU MUST REST**. Do not undertake any business, employment, driving, etc. for 24 hours after the surgery.
10. For your safety, after sedation, you must maintain a **COLD LIQUID DIET** such as malts, smoothies, shakes, yogurt, and ice cream for the rest of the day after surgery. **No carbonated or alcoholic beverages.** Later in the day, softer foods are acceptable in order to maintain adequate nutrition.

Patient signature (Parent or Guardian)

Date

POST-OPERATIVE INSTRUCTIONS

1. **Antibiotics:** If you were prescribed antibiotics, continue to take them until finished.
 - a. You may consider taking probiotics to maintain gut health. Please contact your doctor if you experience any gastrointestinal disturbances, such as pain, bleeding, upset stomach, or loose stools.
 - b. Do not drink alcohol while taking antibiotics as alcohol may interfere with their efficacy.
 - c. Antibiotics may also interfere with the efficacy of birth control.
2. **Discomfort/Pain:** If medications were prescribed, please **follow the instructions** for their use. Unless otherwise instructed, start a combination of *prescribed 600 mg Ibuprofen* and *over the counter 500mg Extra-strength Tylenol* every **4-6 hours** after surgery. Continue for **48 - 72 hours** after surgery. The combination is highly effective for most patients and has both *analgesic* and *anti-inflammatory* properties.
 - a. Do not take these medications with any additional Advil, Aleve (Naproxen), Aspirin, Meloxicam, Acetaminophen or with alcohol. Do not exceed 4,000mg Acetaminophen (Tylenol) per 24-hour period as it can affect your liver. Do not exceed 3,000mg Ibuprofen per 24-hour period as it can harm your kidneys or cause gastrointestinal disturbances.
 - b. You may also receive a narcotic-based pain reliever, such as **Tylenol #3** or **Norco/Hydrocodone**. DO NOT drive while taking narcotic medications. Please be advised that narcotics can lead to constipation; therefore, a stool softener should be considered. These medications may also contain acetaminophen (Tylenol).
 - c. Please be careful when eating or chewing during the 4 hours following surgery, as you may still be numb from the anesthetic. Numbness will continue to decrease after surgery.
3. **Sutures:** Do not disrupt or pull on the sutures. This can cause premature loss of the stitches, pain, and failure of the surgery. Many sutures will resorb on their own in 7-14 days. Minimize speaking and pulling on the lips/cheeks. Chew foods on the opposite side of treatment. You may have a bandaid covering the area. Please keep this as undisturbed as possible.
4. **Nutrition:** Eat soft foods like mashed potatoes, pastas, scrambled eggs, fish, soups, jello, popsicles, shakes, yogurt, smoothies, bananas, avocados, and ice cream for 2-3 days following surgery. **Avoid** chips, popcorn, rice, or nuts, acidic, spicy, or salty foods. **Avoid** carbonated and alcoholic beverages, as they can prematurely dissolve the sutures. Please drink water and get plenty of rest after your surgery.
5. **Oral Hygiene:** Do NOT brush or floss the surgical site for 7 days. Continue to brush and floss other teeth normally. Remember, the mouth must remain plaque free for optimum healing. After 2-3 days, swish with warm salt water (2 cups water with 1 tsp salt) morning and night, as needed. Do NOT use Listerine or any alcohol-based mouth washes; they will burn. Please gently dab the post-operative gel onto the surgical site and sutures 4x/day. Do not eat or drink anything for 30 minutes after use.
6. **Smoking:** Do not smoke or use tobacco products for a minimum of **2 weeks** following your surgery. Smoking can increase your risk of infection and cause the surgery to fail.

7. **Bleeding:** It is normal to see some red or pink saliva after the surgery. Post-operative bleeding can be controlled with firm and prolonged pressure (**10 – 20 minutes**). Use sterile gauze provided in your post-operative bag.
 - a. If your surgery includes an EXTRACTION, bite on gauze to create pressure and stop bleeding in the site. Do not sleep with gauze in the mouth or change gauze more than every 30 minutes.
 - b. If your surgery includes GUM GRAFTING, you may experience bleeding from the roof of the mouth. This can be controlled with a **green tea bag dipped in cold water** and pressed against the site for a minimum of 10 minutes. If possible, leave a palatal stent in place for 48 hours after surgery. After two days, you may remove and rinse the stent and the mouth with salt water to clean.
 - c. If your surgery includes a SINUS LIFT, some patients may experience a minimal amount of nose bleeding. Do NOT blow your nose for **1 week**. If you need to sneeze, open your mouth so the pressure does not exit through your nose. After consulting with your doctor, you may consider taking an *over the counter* antihistamine to reduce symptoms of allergies, congestion or hay fever.
 - d. Do NOT **swish or spit** vigorously for 72 hours, following the procedure. Do not use **straws** for 1 week following the surgery or extraction. In addition, reduce speaking to a minimum.
8. **Swelling:** Swelling and bruising may *increase* for 2-5 days following surgery. Place a cold compress on the side of the face immediately after surgery, alternating 10 minutes on and 10 minutes off, to minimize swelling/bruising/bleeding. A warm compress may be used two to three days after surgery to reduce swelling. You may experience pressure or tightness as swelling increases; this is normal.
9. **Exercise & Rest:** Do not perform ANY vigorous physical activity, such as cardio, weight lifting, or swimming for **1-2 weeks** following the surgery, as this can cause you to lose the blood clot and interfere with healing. Rest at an inclined angle for **6 hours** after sedation. Do not drive, operate machinery, or make business decisions for **24 hours** after sedation. Please try to sleep with the head **elevated** (two pillows) on the OPPOSITE side of where the surgery was completed.

Please be advised that instructions may change based on your medical history and treatment plan. If you have any additional questions or concerns, please contact our office and we would be happy to assist you. Please contact the doctor via phone/text after hours.

Dallas Periodontics and Dental Implants

7557 Rambler Rd #918 | Dallas, TX 75231

Office: (214) 238-8323

Patient signature (Parent or Guardian)

Date

Doctor signature (Laura N Rabe, DDS, MS)

Date

Witness signature

Date