



PRE-OPERATIVE INSTRUCTIONS

While we are always available to answer your questions, we ask that you read and become familiar with these instructions. Our goal is to provide you with the information that you will need to have a comfortable and smooth recovery from your surgery.

1 IV SEDATION/GENERAL ANESTHESIA

a) If you are having intravenous sedation or general anesthesia, **you CANNOT have anything to eat or drink (including water) for a minimum of 8 hours prior to surgery**, EXCEPT small sips of water to take prescribed medications. Non-compliance will lead to the cancellation of your surgery and you will be subject to an additional fee.

b) If you are having intravenous sedation or general anesthesia, you are required to have an escort who will drive you home at the end of the appointment. Your escort is encouraged to stay in the lobby for the duration of your surgery. If your ride is not present when your surgery is finished you will be subject to an additional fee. Our office cannot release a sedated patient to any taxi or rideshare companies (including Uber and Lyft). **If you are under 18 years of age you are required to have a parent or legal guardian present in the lobby for the duration of your surgery.**

c) Remove all colored nail polish from your index finger nails - colored nail polish will prevent the oxygen monitor from functioning properly during your surgery.

d) Wear loose/comfortable clothing, a short-sleeved shirt for accessibility to upper arms, and flat closed-toe shoes.

e) Please remove contact lenses at home. If you require corrective lenses for normal vision, please bring them with you to your procedure.

f) Leave all valuable items including cell phones, wallets, jewelry, and purses at home or with your escort. We cannot be responsible for their safekeeping during your procedure.

g) Sedation or general anesthesia. THC causes the medication used for anesthesia to be less effective and increases the risk for many post-operative complications including nausea, vomiting, excessive bleeding, high blood pressure, and increased risk of heart attack.

2 NITROUS OXIDE SEDATION

If you are having nitrous oxide sedation (laughing gas), you cannot have anything to eat or drink (including water) for a minimum of 4 hours prior to surgery, EXCEPT small sips of water to take prescribed medications. You are NOT required to have a ride home from your surgery after administration of nitrous.

4 MINIMIZE RISK OF INFECTION

- a) Bathe prior to surgery with particular attention to cleansing your head and face.
- b) Brush your teeth, floss, and rinse with a mouth wash.
- c) Long hair should be tied back in a ponytail away from the face.
- d) Do not wear make-up including but not limited to lipstick, false eyelashes, eyeliner, and mascara.
- e) Do not wear long/dangling earrings.
- f) If you have a beard or mustache, take extra time to shampoo and cleanse these areas as facial hair can be a breeding place for infections
- g) Long mustaches should be trimmed off the upper lip.

3 LOCAL ANESTHESIA

If you are having local anesthesia, you do NOT need to fast for your appointment and you are NOT required to have a ride home from your surgery.

5 MEDICATION

- 1) Take all regular prescription medications as prescribed unless instructed otherwise by your surgeon.
- a) If you received a prescription for post-operative medications from your surgeon at your consultation appointment, please fill the prescriptions prior to your procedure date and have them ready to take immediately after your surgery.
- b) Due to FDA and DEA regulations, pharmacies will no longer accept prescriptions for narcotics that are phoned in or faxed by your surgeon. If your surgeon feels that you will benefit from narcotic pain medication, a prescription will be provided for you on the day of your procedure.
- c) If you received a prescription for pre-operative antibiotics or anti-anxiety medications from your surgeon at your consultation appointment, please take the medication(s) with a small sip of water as instructed prior to your procedure appointment.

6 PREPARATION FOR AFTER SURGERY

- a) The first 3-5 days after surgery are the most difficult with the highest degree of swelling and pain. Please follow all post-operative instructions carefully to ensure the smoothest and fastest recovery.
- b) Take the first pain pill before the local anesthetic (numbing) has fully worn off.
- c) Use an ice pack on you face/cheek adjacent to surgical site for the first 48 hours
- d) It is important not to skip meals and stay hydrated! Have your house stocked with recommended post-surgery diet. Stick to cold soft foods you do not have to chew for the first 1-3 days (Ex: Smoothies, milkshakes, protein shakes, ice cream, pudding, Jello, yogurt, etc.). Over the next several days you can incorporate soft foods that require minimal amounts of chewing (ex. steamed rice, soft chicken, fish, chicken noodle soup, cooked vegetables etc.). Avoid foods that are spicy, hot (temperature), acidic (ex. orange juice, lemon juice), hard/crunchy (ex. chips, cereal), small/grainy (ex. rice, quinoa) until your mouth has healed. Ask us for our recipe book if desired!
- e) Keeping your mouth clean after your surgery is important for preventing infections and promoting healing. After your surgery you may brush and floss your teeth like normal, taking care to avoid brushing directly over the surgical area. Think about obtaining a pediatric soft thistle toothbrush if developing pain with brushing.
- f) After surgery, start rinsing gently with provided prescription mouth-rinse (Peridex) twice per day for 5 days. Then after the 5th day, use the provided monojet syringe using warm salt water to rinse out the area behind the last mandibular molars. Do so after meals until it is completely healed (about 1-2 weeks).
- g) Do NOT smoke/vape or use a straw for 7 days after your surgery.
- h) Avoid strenuous physical activity for the first 7-10 days after surgery (including heavy lifting, intense cardio, contact sports, swimming, surfing, etc.)
- i) You will be sent home with a packet of gauze for normal intermittent bleeding or oozing that will occur for the first 24 – 48 hours after surgery.