

Your surgery appointment: Date \_\_\_\_\_ Time \_\_\_\_\_

#### **IV Sedation Instructions**

- Please drink plenty of fluids the day before surgery. **Do not eat or drink anything 6 hours prior to your surgery except a small sip of water with your medications.** Avoid meat and fatty meals 8 hours prior to surgery.
- Bring someone to drive you home and accompany you for the first 24 hours following your procedure. Your escort **MUST** remain in the office for the duration of your surgery.
- Unless instructed, take your routine medications the day of your procedure with sips of water at your prescribed time regardless of the above NPO guidelines. Notify the doctor of all drugs taken 24 hours prior to your surgery appointment.
- Avoid Aspirin and herbal medications for 5 days prior to your procedure unless prescribed or approved by the doctor.
- Do NOT wear contact lenses or tongue rings to your procedure.
- A parent or guardian must accompany minors.
- Wear clothes that are loosely fitted with a button down front and loose sleeves.
- Brush your teeth before your surgery appointment.
- Prepare an ice pack for when you return home.
- Do NOT wear polish or gel on your nails to your surgery appointment.
- **Female patients:** It is important to make certain that you are NOT pregnant at the time of your surgery appointment. You will be provided with the option of either taking a urine pregnancy test prior to your procedure OR signing a waiver confirming that there is no possibility of pregnancy.

#### **General Postoperative Instructions**

- If you were given IV sedation or general anesthesia, a responsible adult is to remain with you for the first 24 hours following your procedure.
- Use an ice pack for the first 24 hours following your procedure alternating 20 minutes on and 20 minutes off.
- Keep your head elevated on 2-3 pillows for 24 hours following your procedure to minimize swelling.
- Eat soft foods and maintain an adequate daily fluid intake.
- Avoid hot foods, carbonated and alcoholic beverages, use of a straw, vigorous swishing, spitting, and smoking for 3 days.
- Beginning the day after surgery, gently rinse with warm salt water.
- If you were given a cleaning syringe, begin using it 5 days following your procedure. Use warm salt water on the lower sockets only. Use 3 times a day until your gums are healed (approximately 2-3 weeks).
- If stitches were placed, they will dissolve in approximately 1 week. If they fall out sooner, there is no need for concern unless active bleeding is noticed. In this case, please notify the doctor.
- A gauze compress has been placed over the wound. Keep covered for 30 minutes following your procedure. Should minor bleeding continue, place another gauze compress on the wound for an additional 30 minutes. Repeat if necessary. Slight oozing may continue for 1-2 days.

#### **Possible Symptoms**

- Swelling of the face is common and is usually maximized at day 3. This does not imply the presence of infection. This should resolve on its own by day 4-6. If swelling increases after the 5<sup>th</sup> day, please notify the doctor.
- Slight numbness of the lip and/or tongue may occur. If the numbness persists for longer than 1 week, please notify the doctor.
- Stiffness of the jaw is common and should relax on its own within 1 week.
- Bruising may appear by day 2-3 and should resolve on its own by day 10.
- After anesthesia, drowsiness may persist for the first 24-36 hours following your procedure. You should remain under supervision during this time. Do NOT operate a motor vehicle.