



Pre-Surgical Instructions

1. **Before Surgery**

Please **have a meal**, consisting of protein and carbohydrates, before surgery. Dr Hunt uses a long- acting anesthetic that will leave you **numb for 5-7 hours**.

2. **Length of Surgery**

You can anticipate your surgery to be between **1 and 1 1/2 hours long**.

3. **Comfort During Surgery**

Dr. Hunt believes in having you fully numb. He will gladly give you more anesthetic if you ever feel you need more. If **Local Anesthetic** alone may not be adequate for you, we offer “sleep dentistry” as well as nitrous or “laughing gas”. Please let us know ahead of time if you would like to explore these options. **You are welcome to bring in your own phone with earbuds to listen to your own music, audio book, or whatever makes you comfortable during your procedure.**

4. **Diet After Surgery**

We recommend a **soft food diet** high in **protein and carbohydrates** as they give your body fuel to heal. You can stock up on foods such as yogurt, cottage cheese, milk shakes, chicken noodle soup etc. prior to surgery. After the 2nd or 3rd day, you can return to a normal diet as tolerated.

5. **Comfort After Surgery**

Dr. Hunt believes you should be comfortable after surgery as well. He will give you prescription strength **Ibuprofen** to keep inflammation from occurring, as pain is really a response to inflammation. You will also be given a pain medication in the event that you need it. At your surgical appointment, you will also be instructed on how to use an antibacterial mouth rinse that helps with the healing process.

6. **Follow-ups After Surgery**

Dr. Hunt will follow you up for as long as he needs to ensure proper healing is occurring. The

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typical post-operative follow-ups are at **1 and 2-3 weeks after surgery**. At the 1 week post-op he will assess the surgical site and see how it is healing. He will take out any sutures you may have and instruct you on an oral hygiene routine to practice until your next follow-up. At the 2-3 week follow-up he will do the same as the prior follow-up. If the healing is within normal limits, no more follow-ups are needed and he will give you a complimentary polish of your teeth. If Dr. Hunt feels you need continued follow-up we will do so until he feels comfortable with the healing process.

Please feel free to call the office anytime before your surgery if you have any further questions or concerns.

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