

Texas Institute of Oral, Facial & Implant Surgery

Pre-Operative Instructions

It is extremely important that you follow these instructions prior to your appointment for your sedation surgery.

- ❖ Have nothing to eat or drink for 8 (eight) hours prior to your appointment except enough water to take medicine as directed by the doctor. Unless specified by your doctor, all medicines taken on a routine basis should be continued **without** interruption. Check with your doctor if you have any questions.
- ❖ Please drink plenty of water the day before your appointment.
- ❖ Someone 18 years of age or older must come with you to your surgery day prepared to:
 - Stay in the office for the duration of your surgery. **Your ride cannot leave.**
 - Drive you home and care for you at least the first 6 (six) hours following surgery.
 - Note: We cannot release you to a drive that you do not know (ie: a cab/uber/lyft)
- ❖ Wear short sleeves for your appointment as they are necessary for IV access. Comfortable slacks/pants & flat-heeled shoes (avoid sandals or flip flops) are also recommended.
- ❖ Please remove finger nail polish for the blood oxygen monitor.
- ❖ Prepare 8 quart-size freezer bags to be used as ice packs on the day of surgery. *Combine 10 cups of water with 2 cups of rubbing alcohol. Divide into eight quart-size freezer bags. Freeze for 24 hours. Commercial ice packs may also be used.*
- ❖ Have enough soft foods such as soups, instant breakfast, milk, ice cream and juices on hand for the next few days.
- ❖ If you are diabetic and regularly monitor your blood sugar, please bring your glucometer to your appointment. If you are insulin dependent, please follow your insulin dosing guidelines.
- ❖ If you have a prosthesis, please bring it with you to your appointment.
- ❖ If you are a denture wearer, please **do not** use adhesive
- ❖ If you have an inhaler, please bring it with you to your appointment.
- ❖ If you are required to pre-medicate with antibiotics prior to surgery, please take your antibiotics one hour prior to your appointment, with the smallest amount of water possible.
- ❖ It is acceptable to wear hearing aids.
- ❖ **If pregnancy is suspected, procedure should be cancelled. Sedation medications can affect the unborn child.**
- ❖ If you have any questions concerning any of the instructions above, please call our office. We will be happy to answer any questions you have to help ensure you have a successful appointment. If you are not able to follow these instructions, we will not be able to administer sedation or complete the planned treatment.



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POST-OPERATIVE INSTRUCTIONS

Post Op:

- Extractions/Wisdom Teeth Patients: You will not need a post op appointment unless indicated by your surgeon. If issues arise in the future, please call us.
- Implant Patients: It is important that your surgeon see you on a regular basis throughout the implant process to ensure that the surgical site is healing well. Please make every effort to keep your scheduled post-operative appointments. If the time we've chosen for you doesn't work, please call us to reschedule.

After Your Surgery:

- Your skin may be bruised at the surgery site. The corners of your mouth may become dry and cracked. Use ointment or petroleum jelly to keep them moist.
- You may have a mild sore throat and or a low fever. If your temperature is greater than 101 degrees, call the doctor.
- It may hurt to swallow or to open your mouth widely. This is normal for the first few days. You may feel some pain in your neck, ears, and head. This is temporary and should go away.
- Prescriptions: please take all medicine as prescribed by your doctor.

How To Control Bleeding:

After your surgery, the doctor will place gauze in your mouth and will tell you to bite down for 30 minutes. The pressure of the gauze against your wound will help stop the bleeding. After the first 30 minutes, remove the gauze and put in clean gauze. Bite down again. Check gauze every 10-15 minutes, depending on the bleeding.. Continue these instructions until the bleeding stops. Generally, when the gauze comes out pink instead of red, the bleeding has slowed down enough to discontinue use.

If bleeding continues, follow these instructions:

- Find the area that is bleeding by standing in front of a mirror or having someone help you. Wipe your gums gently with clean gauze and watch to see where the bleeding starts again.
- Place a moist gauze pad over the area that is bleeding and bite down firmly. Continue to apply pressure by biting down. Check the gauze occasionally and change it when necessary.
- When the bleeding stops, you can remove the gauze.

It is not unusual to see small blood clots on the gauze or to have some blood in your saliva for several days. However, if your gums are still bleeding constantly the second day after surgery, call the office.

Your gums will be sensitive during the first 24 hours after surgery and may start to bleed easily. Do NOT smoke, spit, rinse your mouth, brush your teeth the day of surgery or drink through a straw for 1 week. All of these activities can loosen the blood clots and start the bleeding again.

How to Reduce Pain:

If you need pain medicine, the doctor will prescribe some for you. Take the medicine exactly as directed. It is a good idea to begin taking the medicine soon after your surgery, before the numbing of the anesthesia has worn off. Many pain medicines will make you drowsy. DO NOT drive a car, drink alcohol, or use dangerous machines or tools while you are taking pain medicine.

How to Reduce Swelling:

Swelling is normal after oral surgery and can peak 3 days post-surgery, but too much swelling can increase the pain you feel. Every person will react differently to the surgery, so it is not possible to know how much swelling you will have.

Recommend using an ice pack every 20 minutes “on and off” for the first 24 hours, after 24 hours it’s just for comfort.

You may use an ice pack to alleviate some discomfort. However, you should not use an ice pack while you are sleeping. To prevent swelling when you sleep, use two pillows under your head so that you’re sleeping with your head elevated. Listen to your body and avoid strenuous activity.

How to Prevent infection:

To help prevent infection after your oral surgery, follow these instructions:

- If your doctor has prescribed an antibiotic medicine, take it as directed. In order for the medicine to work, you must take as directed: on time and until the prescription is complete.
- Medication may cause an upset stomach if taken when your stomach is empty.
- DO NOT drink alcohol while taking this medicine. Alcohol will destroy the medicine in the stomach.
- If you have an unusual reaction to the medicine, stop taking it and call the clinic right away.
- Twenty four hours after your surgery, begin rinsing your mouth three to four times a day with the following solution: 1/2 teaspoon salt and 1/2 teaspoon baking soda in one cup warm water. (If a prescription was not given)
- Rinse your mouth with this mixture after every meal and before you go to bed. Swish the mixture around in your mouth to remove any food.
- Begin brushing your teeth again 24 hours after your surgery. DO NOT brush the area where surgery was performed.

What to Eat:

In the first 24 hours, eat and drink only cool or cold foods and liquid. Try to eat only soft foods. On the second day you may eat whatever you are able to. Comfort is your guide.

Contact:

If you need to reach the office or the doctor during or after business hours, please call 469-649-8259.

If you begin to experience any of the COVID-19 symptoms (cough, sore throat, fever) 14 days after surgery, please contact our office immediately!