

Surgery

The day of surgery:

1. Take all medications as directed on the instruction sheet prior to surgery.
2. Eat a light meal no less than two hours before surgery unless you will be IV sedated and in this case do not eat or drink 6-8 hours before your appointment.
3. Do NOT drink grapefruit juice.

Post Surgery Instructions:

If you were sedated:

- You may not drive or operate any vehicle or heavy equipment.
- When you leave our office you must be accompanied by an adult.
- Women: Do not wear high heels or platform shoes.

Medications:

- If antibiotics or steroids were prescribed, you should take them according to the instructions on the prescription bottle.
- Take pain medication as directed in the instructions.
- Do not consume alcoholic beverages until the healing process is complete.

Your dietary needs:

- Do not consume hot liquids for 72 hours.
- Do not try to eat solid foods until the local anesthetic wears off.
- Do not use a straw when taking in liquids. The suction action may dislodge a clot.
- Do take in liquids.
- A nutritious diet throughout your healing stage is important to your comfort, temperament and healing. The diet for the first four days should be relatively soft foods such as macaroni and cheese, applesauce, pudding, ice cream, oatmeal, mashed potatoes. Please avoid hard, crunchy foods such as nuts, popcorn, or seeds that may get caught in the surgical site.
- For optimum healing you may increase your Vitamin C intake to a maximum of 2g per day.

Bleeding:

To slow and prevent bleeding, bite with light pressure on the gauze pack that has been placed over the surgical area. Pressure should be applied in thirty minute intervals and repeated until the bleeding is controlled. If profuse bleeding is still occurring 3 - 4 hours later, and the above measures have been taken, call this office *immediately*.

- Do not exercise for 48 hours. Strenuous activity will increase your blood pressure and may dislodge the blood clot.

Swelling:

- Swelling is part of the healing process and can be expected for several days.
- Apply ice packs at 15 minute intervals to reduce swelling the day of surgery.
- After 72 hours, light heat will relieve the swelling.

Oral Hygiene

- 24 hours after surgery, rinse mouth gently with a solution of one-half teaspoonful of salt dissolved in a large glass of warm water. Repeat after meals for seven days. Rinsing is important because it removes food particles and debris and thus helps promote healing. Brush tongue with a dry toothbrush to keep bacteria growth down, be careful not to touch the surgical site.
- Do not forcefully swish when rinsing as this can dislodge the blood clot.

When you should notify the Doctors:

- If profuse bleeding continues after 3 - 4 hours of applied pressure.
- If you are unable to maintain a nutritious diet after 48 hours.
- If pain or swelling increase after the third day.
- If the sutures become loose or dislodged prior to the third day.
- If an oral bandage or dressing that was placed becomes dislodged prior to the third day.
- If your body temperature remains higher than 100 degrees F. taken orally after the third day.
- If you have any symptoms which may indicate a reaction or allergy to the medications, such as:
 - Skin rash
 - Hives
 - Elevated temperature
 - Increased or erratic heart rate
 - Nausea/vomiting
 - Dizziness
 - Blurred vision

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Remember no question is too small and we are just a phone call away:

301-530-2434

Additional information can be found on our website:

<http://www.bethesdasedationdentistry.com>