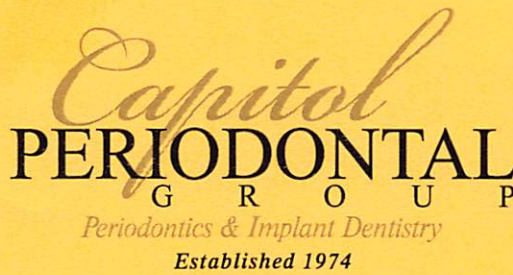


Dental Practice of
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PRE & POST OPERATIVE INSTRUCTIONS

DAY BEFORE YOUR SURGERY:

- Start taking antibiotics (if applicable). Start with first dose in the AM.
- Remove nail polish and artificial nails from your fingernails (at least index finger).
- Stop smoking and drinking alcohol. Eat normally and get a good night's rest.

DAY OF SURGERY:

- If given ORAL SEDATION: **Stop eating and drinking any liquids 3 hours before your appointment.**
- Take the sedative medication 90 minutes prior to your appointment with a few sips of water.
- Take your regularly prescribed morning medications three hours before surgery.
- Patients **must not** drive a car or operate machinery for 24 hours after the termination of treatment, because the effects of sedation remain in the system even after the patient is awake and mobile. **A responsible driver must drive the patient to the appointment and escort them to the front desk to check-in for their surgery. Patients are not allowed to arrive or leave via Uber, Lyft, Cab, or other forms of transportation other than a designated driver who will remain with the patient at home.**

AFTER YOUR SURGERY:

- Take pain medication as soon as you get home (see below).
- Apply **ice 15 minutes on, followed by 15 minutes off**, and repeat for 24 hours.
- A soft-food diet is recommended for **2 weeks**.
- Do not rinse your mouth for the first 24 hours. Do not brush the surgical site for **2 weeks** after surgery. But it is ok to brush your untreated teeth.
- If given a stent, do not remove for 24 hours. At 24 hours, remove appliance, rinse your mouth gently with Peridex oral rinse, and brush the appliance. The stent is for your comfort. You can wear as much as desired for 7 days after surgery, but you must take it out and rinse/brush the stent daily.

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- **NO** straws, spitting, rinsing, alcohol, smoking, or hot food/liquids for the first 24 hours.
- **NO** exercise for the first week (Do not elevate your heart rate).
- **DO** get plenty of rest after surgery. Sleep with your head elevated with extra pillows for the first night.
- **DO** minimize talking for the first 24 hours; it will help aid in the healing process.
- **The better care you take of yourself, the better your result!**

Precautions For Diabetic Patients:

- If you have diabetes, take your normal medication and you may have a light meal (toast, yogurt and fruit - avoid grapefruit) 3-4 hours before your scheduled treatment.

Medications (if applicable):

- **Antibiotics:** Take as directed on the bottle until finished.
- **Acetaminophen (Extra Strength Tylenol) 500mg:** Take 1 tablet every 4-6 hours for the first 3 days, then as needed for discomfort.
- **Ibuprofen 200mg:** 3 tablets (600mg) every 6 hours, alternating with Tylenol.
- **Hydrocodone (Norco):** If discomfort persists after taking Tylenol, stop taking Tylenol and substitute with 1 tablet of Hydrocodone (Norco) every 4-6 hours as needed for break-through pain. **Do not take on an empty stomach!**
- **Chlorhexidine Rinse (Peridex):** After 24 hours, rinse gently with 1/2 capful for at least 60 seconds twice a day. Do not eat or drink for 30 minutes after using.