PRE AND POST SURGERY INSTRUCTIONS

Please read the following instructions carefully. Following them will make your post-operative experience more comfortable and help avoid any unnecessary complications. You are about to undertake a procedure which will help restore your mouth to health. By following our instructions before and after surgery, you decrease discomfort and minimize significant changes in your daily activities.

PRE-SURGICAL INSTRUCTIONS

Week Prior To Surgery:

- Please inform us of any new medications you are taking, recent changes in your health history or seeing a physician for any reason.
- Continue taking your regular medications as prescribed by your physician unless instructed differently.
- For your added convenience we can give you your post-operative medicine prescriptions for early filling.
- If you are going to be sedated make arrangements for a responsible adult to drive you home after the surgery and that you have supervision for the remainder of that day and possibly through the night. ***Please review the precaution section of your IV consent form***.
- Please prepare your post-surgical diet and fluid intake, review the following diet section.

Night Before Your Surgery:

- Eat normally.
- Avoid alcoholic beverages.
- A good night's rest is advisable. If you feel you will have trouble sleeping, please let us know and we can prescribe a sedative.
- If medications are prescribed, please take as directed.

Day of Your Surgery:

- Avoid excessive fluid intake – especially coffee or tea.
- Eat a light breakfast before 7 am if you have an afternoon appointment. (no eggs or dairy)
- Wear loose, comfortable clothing and preferably with short sleeves.
- Remove nail polish from right index finger
- ***If you are going to be sedated:***
  - ✓ Nothing to eat or drink 6 hours prior to your appointment.
  - ✓ Do not drive a motor vehicle, operate dangerous machinery or undertake business matters on the day of surgery.
  - ✓ If you take any medications (such as for high blood pressure, heart problems or diabetes), take them as normal (with a small amount of water) unless instructed otherwise.
  - ✓ You must have a ride home from the procedure and provide us with a good contact phone number for you and your escort for the day of the appointment.
  - ✓ Please arrive 10 minutes prior to your appointment.

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It is very important to follow these directions during the first 2 weeks following the surgery to ensure proper healing and to minimize undesirable side effects.

____ **ACTIVITY:** No activity for the first 24 hours after surgery. Light activity in the week to follow; no strenuous exercise or lifting more than 20 lbs. Heavy activity will increase blood flow, which can lead to bleeding and swelling. Get plenty of rest.

____ **MEDICATIONS:** Antibiotics, if prescribed, should be taken until completely finished. Naproxen (Aleve), take 500mg every 12 hours for 3 days to minimize swelling and as needed thereafter for pain. If Steroids are prescribed, please take as directed on the package or label.

____ **ORAL HYGIENE:** Do not pull on lip to look at surgical area or sutures. Some sutures are dissolvable and will need to stay in place for 7-10 days. Avoid brushing surgical area the first week after surgery, however, you should brush and keep the remainder of your mouth clean. Starting the day after surgery gently rinse with warm salt water up to 5 times daily, dissolve 1 teaspoon of salt in 8 oz glass of warm water. Very passive rinses for the first 4 days and regular rinses thereafter for 2 weeks. A prescription for mouthwash such as Peridex or Therasol may be given, use as directed. After each rinse, AO ProVantage gel should be used to aid healing. (Dispensed in office) To use, place a single pump of gel on the tip of the tongue, and transfer to the cheek adjacent to each surgical area, so it may transfer from the cheek to the surgical area. A post-operation toothbrush will be provided to gently brush surgical areas after the 1st week of surgery.

____ **SWELLING:** You can expect some swelling following your surgery, it may take 3 to 5 days before it reaches a maximum and then slowly decreases. Ice packs should be applied to the outside of the face over the area of surgery immediately on reaching home, 15 minutes on and 15 minutes off for the first 2 days. Ice chips inside the mouth will assist greatly in reducing bleeding and swelling. Try to avoid bending over and sleep with your head elevated for the first night.

____ **BLEEDING:** Do not rinse your mouth vigorously in the first 24 hours as disruption of the clot may occur. Some bleeding will occur, it is not unusual and is to be expected. A lot of saliva and a little bleeding can be alarming but should not be since excess saliva is common after surgery. Gentle pressure application by biting on a roll of moistened gauze placed over the surgical site for an extraction or gentle pressure to the cheek over the surgical area, is generally sufficient to stop any bleeding which might occur. Sitting quietly in an upright position or lying with your head elevated will also aid in the control of bleeding. If nose bleeding starts, do not blow your nose vigorously. If you are concerned about bleeding please call the office.

____ **NUTRITION:** **For the first week, do not drink through a straw. Do not drink carbonated or alcoholic beverages for 5 days.** If you are a smoker, remember that smoke is an irritant to healing tissues and will delay your healing. Please refrain from smoking or using e-cigarettes for 2 weeks after surgery. Do not drink or eat anything hot until the anesthesia wears off. Maintain a liquid diet for the first 2 days after the surgery. Cold liquids only are recommended for the day of surgery. Fluid intake is important. Try to take 8 glasses per day. This can help avoid slight fever following surgery. Some foods which are nourishing but require little chewing are broth and soup, baby foods, milk shakes, custards, eggs, ice cream, baked fish, chopped or ground meat, puddings. Food supplements such as Ensure, Boost, or Carnation Breakfast Essentials are highly recommended.

____ **SINUS CAVITY:** If your surgery involved the sinus cavity, Dr. Ellsworth will inform you as such. You must avoid pressure/trauma to sinus by avoiding the following:

- Do not blow your nose, if clearing your nose is necessary blow gently through your nose & mouth at the same time.
- Modify sneezing and coughing by keeping mouth open and avoid if at all possible.
- Take antibiotics to full course as directed.
- Afrin nasal spray: 1 spray in each nostril twice daily for 3 days, taking one day off, then 3 more days taking the medication.
- Claritin–D 24-hour, or Allegra-D 24-hour antihistamine taken for 7 days.

____ **SURGICAL STENT:** Surgical stent will be fitted and placed after surgery. It will need to be removed the night after surgery to be cleaned; use a mild soap or toothpaste and toothbrush. Warm salt water rinses will help with healing of surgical area. Then place stent back into position to allow for continued healing, removing for cleaning twice daily.

PRE AND POST SURGERY INSTRUCTIONS
DIET

AVOID: Anything with seeds, grains, or chunks (tomatoes, hamburger buns, blueberries, strawberries, etc.) Bread with hard crust, hard/crunchy foods (chips, crackers, raw vegetables, etc.). Carbonated beverages, alcohol, smoking, and drinking through a straw. Nothing too hot (cold foods sooth surgical sites).

The following is a recommended diet and should be followed until further notice:

Week 1

Liquid diet for **FIRST 48 HOURS**. Start with liquids & slowly introduce solids. Cold liquids only on the day of surgery.

- Broth
- Gatorade/ vegetable juice
- Milkshake or Liquid Nutritional Supplement such as Carnation® Essential Breakfast, Boost® or Ensure®
- Jello/pudding
- Ice cream (no nuts/fruits/seeds/granola)
- Popsicles/ smoothies
- Yogurt

Week 1 (after 48 hours)

- No firm chunks like meat or vegetables
- Mashed potatoes
- Sweet potatoes
- Oatmeal
- Yogurt/Cottage Cheese [no fruit, seeds, granola, or nuts]
- Broth, bouillon, smooth tomato soup and strained cream soups
- Refried beans

Week 2

Continue soft food diet. Slowly add more texture.

- Scrambled eggs
- Cooked soft vegetables
- Baked fish
- Soft noodles

Post Op: Keep 2 week follow up appointment.

Please feel free to call Dr. Ellsworth at the office if you have questions or concerns:
(214)360-0055 or After hours: (214)808-4225
Samuel Ellsworth, D.D.S., M.S.
Diplomate of the American Board of Periodontology