

## BEFORE SURGERY:

- Unless instructed otherwise by your physician, do not take any aspirin or drugs containing aspirin for 5-7 days prior to surgery. Tylenol may be taken as needed.
- Please advise us of any new medications that are not listed in your health history form; especially aspirin, coumadin or other blood thinners.
- Rinse with the prescription Chlorhexidine Gluconate starting two days prior to surgery if it is prescribed to you.
- If prescribed to you, take the pre-surgical antibiotics and sedatives ONE hour prior to the procedure along with your routine medications and a minimal of fluids.
- Eat lightly, do not intake caffeine, clean your teeth thoroughly, rinse with Chlorhexadine Gluconate and wear comfortable clothing.
- STOP SMOKING 4 weeks prior to surgery.
- Be sure to bring your removable bridges or temporary teeth along with you to the appointment.
- IF YOU ARE HAVING ORAL OR INTRAVENOUS SEDATION FOR YOUR SURGERY, YOU MUST HAVE A DRIVER ESCORT YOU TO AND FROM YOUR APPOINTMENT. REMIND YOUR DRIVER TO ACCOMPANY YOU INTO THE OFFICE. YOU SHOULD REMAIN IN THE COMPANY OF A RESPONSIBLE ADULT UNTIL YOU ARE FULLY ALERT. YOU MAY NOT DRIVE A MOTOR VEHICLE FOR 24 HOURS FOLLOWING YOUR SURGERY. ADVISE YOUR EMPLOYER THAT TIME OFF MAY BE NEEDED THE DAY AFTER SURGERY.

## POST SURGERY:

REST: Please limit your physical activity. We want your resistance to be as high as possible to encourage rapid healing.

EATING: You may eat whatever you are comfortable. Avoid food and beverages that are extremely hot for 24 hours.

SWELLING: The day following your surgery you may be aware of the onset of some swelling and bruising. This may increase somewhat while the surgical site is healing over the next two days and then should begin to subside slowly. This pattern of swelling is associated with normal healing.

DRIVING: If you have taken a sedative, do not drive a motor vehicle for 24 hours .

SMOKING: Irritates the oral tissue and inhibits healing.

### Mouth Care:

Do not brush the surgery area today: brush all other areas to reduce bacteria and improve comfort. Do not rinse vigorously. Apply Vaseline to the corners of your mouth to prevent cracking and drying if needed. After the first day, you may brush and rinse gently. For added comfort, you may gently rinse your mouth with a solution of one teaspoon of salt (high blood pressure patients use Epson salt.)