

Associated Oral Surgeons, PA

Lee P. Oneacre, DDS
Flower Mound (972)-539-i49i

John C. Shillingburg, DDS
Carrollton (972)-394-2H4

PRE-SURGICAL INSTRUCTIONS FOR SEDATION OR GENERAL ANESTHESIA:

- 1. Do not eat or drink anything, including water**, for at least six hours before surgery
- Patients taking medications may do so as early in the morning as possible, with only small sips of water.
- Morning patients should have nothing to eat or drink after midnight the night before surgery.
- Afternoon patients may have a small breakfast such as toast and juice/coffee/tea before 7AM, then nothing at all until surgery.
- Someone must be present during the procedure and must drive patients home** when sedation or general anesthesia is used.
- Do not wear hard contact lenses: wear only minimal make-up and so not wear dark nail polish.
- Please wear comfortable **short-sleeved clothing** and low-heeled shoes. **Do not wear flip flops, sandals or pants made of slick fabric.**
- Please leave youngsters at home** unless they are having surgery.

Plan to relax the day of surgery. Keep your head elevated. Eat plenty of soft foods and drink lots of **non-carbonated** fluids. Apply ice packs to the outside of your face for the first few days. Follow the directions and prescription instructions carefully for safety, comfort and to encourage proper healing. Please call if any questions or problems arise.

POST-SURGICAL INSTRUCTIONS:

- While you are numb** have only soft foods and drinks that are warm or cold- nothing hot.
- Do not smoke** or use a straw for 24 hours after surgery.
- Replace gauze when saturated. Maintain biting pressure between gauze changes. Bleeding normally resolves within the first two hours. Remove gauze to eat or drink **no carbonated beverages** and replace if necessary.
- Delay brushing your teeth for at least 12 hours. Start saltwater rinses after 24 hours using a quarter teaspoon of salt in 6-8 ounces of warm water. Use 2-3 times daily for 3-4 days. **USE ONLY A GENTLE RINSING ACTION.**
- Do not drink alcoholic beverages while taking prescribed medications. This can be potentially hazardous to your health. Birth control pills may be ineffective while taking antibiotics. Do not operate machinery or drive a motor vehicle while taking prescribed pain medication.
- No carbonated beverages for 72 hours and avoid milk products if you are easily nauseated.

POSSIBLE EVENTS AFTER SURGERY:

- Some bleeding and discomfort are to be expected, so relax quietly and avoid excessive talking or chewing for at least several hours after your surgical procedure
- There will be some tightness of the jaws and facial muscles due to swelling. Most swelling peaks between 48-72 hours and then will slowly decrease.
- There may be continued numbness of the skin, lips, gums, teeth, tongue or jaws. This is usually temporary, but can last a variable amount of time.
- Cracked or tender lips may require the use of Vaseline or lip ointment for several days.
- A slightly elevated temperature can develop that will usually decrease within 48 hours.
- Most stitches will dissolve in 1 to 10 days.
- Ibuprofen can be used (instead of or in addition to prescribed pain pills) every 4 hours.