

Patient Information: Pre-Op and Post-Op Instructions Policy & System

General Pre-Operative Instructions

Food and Drink

- Eat a light, easily digested meal the night before surgery, and get plenty of rest. Do not drink any alcoholic beverages for 24 hours before surgery or for two days after surgery as this is a blood thinner
- Avoid smoking for at least **24 hours** but **strongly recommend 2 weeks as possible** before surgery as smoking greatly impairs the body's ability to heal.
- It is a good idea to stock up on post surgical foods before your visit. You will be on a soft diet the first day of the surgery. Soft, cool items such as V-8, fruit juice, yogurt, pudding, ice cream, cottage cheese, or any liquid supplement are recommended. It is important to keep your blood sugar level up, and not become de-hydrated. On the day after surgery, please continue with very soft food such as mashed potatoes, blended foods, soups, smoothies, etc. Things that require very little chewing will prevent excess tissue stretching.

Medications

- Start taking antibiotic **2 days** before surgery and continue until all have been taken. If pre-med is indicated, please follow your customary regimen for Amoxicillin or Clindamycin (if you are allergic to penicillin).
- However, avoid any medications that can potentially prolong bleeding for at least 1 week prior to your surgery date. These medications include aspirin, anti-inflammatory medications (Motrin, Advil, and Naproxen), vitamins C & E, and some herbal supplements/remedies.
- For those patients on prescribed blood thinners (Coumadin, Wafarin, Plavix, aspirin), please consult our doctors and your physician who prescribed the medications prior to discontinuing your medications and when to resume.
- **(OPTIONAL)** If you are not taking vitamins regularly, take 500-1000 mg vitamin C (time release) beginning one week prior to surgery and continuing for three months. Take 1000 mg calcium with magnesium 1 per day, take vitamin B complex one per day and one multi vitamin with minerals. If the multivitamin contains Vitamin E you can still take it. Take all vitamins with or after meals.

Caretaker

- If you are being pre-medicated with Ativan, taken as prescribed the night before and the morning of the appointment date if necessary, you will need a driver to bring & pick you up from your appointment. You are not to drive for 24 hours after taking the Ativan. You will be sleepy the day of procedure and grogginess can continue the following morning. A responsible adult must accompany you to drive you home afterward. You should not subject yourself to anything that may jeopardize your safety and well being of others. Anesthetic agents can be retained in your body for up to 48 hours and can decrease both your awareness and reflexes.
- By federal law, all patients under the age of 18 years must be accompanied by their custodial parent or legal guardian for all appointments (examination, treatment and follow-up).

Clothing

- Wear loose, comfortable clothing with short sleeves for easy access during blood draw. Wear flat, stable shoes that are easily removable.
- Please tie long hair back.
- No make-up, please.

Admission, discharge, and payment

- Expect to be present at least 30 minutes prior to and after the scheduled surgery time period.
- In order to make your discharge as smooth as possible following your anesthetic, the balance of your surgical fee(s) will be collected before your surgery. Financial concerns must be discussed with our office no less than one business day prior to surgery.

General Post-Op General instructions

We are committed to providing the same quality of care following procedures that began during your initial visit. To that end, please refer to some general postoperative guidelines below and specific instructions pertinent to your dental procedure.

Diet: Please avoid all carbonated and hot beverages for the first 72 hours following your surgery. It is also advisable to avoid spicy and/or acidic foods. Plenty of liquids should be taken the day of surgery. A soft "non-chewing" diet is recommended for the first 2 weeks after your surgery. After the first 2 weeks, a progression to regular food will be discussed.

Bleeding: Some oozing of blood may be experienced from the surgical site for the first few hours. Your saliva may be tinged with blood for the remainder of the day. If bleeding becomes persistent, applying direct pressure with a clean gauze pack for 10 minutes may stop it. If this does not stop the bleeding, please contact the office at (530) 365-4581.

Swelling: Swelling may be minimized by keeping head elevated, using 2 pillows when lying down and using ice packs over the surgical areas (15 minutes on, 15 minutes off) during the first 24-48 hours.

Discomfort: Your jaw and lip will remain numb for approximately 4-6 hours. You should begin taking the medication prescribed for discomfort while you are still numb to lessen the onset of pain. If you should experience more than mild discomfort, you should contact the office at (530) 365-4581.

Fever: A slight elevation of temperature is common on the evening of surgery. However, it should not exceed 101 degrees.

Infection: Infections may occur on the day of or even several days following surgery. A sudden increase in swelling, throbbing, high fever and/or foul taste tasting drainage may indicate infection. If you suspect infection you should contact our office immediately.

Bruising: Bleeding into the tissue around the jaw results in purplish bruises a few days following surgery. DO NOT BE ALARMED. Some patients have more bruising than others do. These areas will become yellow as they move toward the neck and shoulder a week later. Alcohol and smoking should be avoided especially during the first 2 weeks after surgery. **If you have any questions or concerns, please call us immediately!**

Remember Your Follow-up Visit: It is imperative that you return for a post-operative visit to make certain that healing is progressing satisfactorily. All post op visits will be scheduled free of charge.

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