

Pre-Operative Instructions

We want you to feel at ease and anxiety free as much as possible. Our doctors will discuss with you your anesthetic options during your consultation appointment as many factors determine the best type of sedation for you. Safety is our primary concern and we reserve the right to cancel or postpone surgery if any of the instructions are not followed.

Please arrive 15 minutes prior to surgery time to take care of paperwork, use the restroom, and financial arrangements.

General Instructions applying to surgical procedures:

- Any patients under 18 years of age must be accompanied by a parent or guardian at the time of surgery
- Get enough sleep night prior to the procedure
- Your mouth and teeth should be well cleansed prior to appointment to reduce chances of infection
- Please wear loose fitting short sleeve shirt and comfortable clothing
- Please wear flat soled shoes with ankle support, like sneakers
- Please DO NOT wear contact lenses, jewelry, make-up or fingernail polish (index fingers) to your appointment
- Please bathe prior to surgery, emphasizing on neck and facial area
- Alcoholic beverages should be avoided 24 hours before and after surgery
- We advise you to not smoke or use smokeless tobacco for 2 weeks before and after your surgery
- If you have any changes in your medical or dental history, please notify our office
- If you think you might be pregnant, please inform our office before your appointment
- If you have asthma, please bring your asthma medication to your appointment
- If you take routine oral medications, please check with our office prior to your surgical date for instructions
- Please DO NOT take medications containing aspirin, ibuprofen or other NSAID 2 weeks before your appointment unless approved by the doctors
- It is highly recommended to have someone available to drive you home following the procedure
- If you develop a cold, sore throat, sinus, fever, cold sores, fever blisters, or flu symptoms, please call our office

- An ice pack will be provided for you when you return home from your surgery

Local Anesthesia - an injection is given in the mouth to anesthetize where treatment is required

- Follow General Instructions
- **DO NOT eat or drink 1 hour before procedure**
- Blood pressure will be monitored, and additional monitors will be added as needed

Nitrous Oxide Sedation - nose-piece is placed, and adequate supply of oxygen is administered during procedure

- Follow General Instructions
- **DO NOT eat or drink 2 hours before procedure**
- Blood pressure will be monitored, and additional monitors will be added as needed

Conscious Sedation with Local Anesthesia - medications are given to depress the level of consciousness. Local anesthesia is administered after achieving appropriate level of sedation. You may experience the following effects of the medications and should be expected: muscle relaxant sedation, pain and anxiety control, drying of oral cavity, and amnesiac quality. You will remain able to act independently, maintain protective reflexes, and respond appropriately to verbal commands.

- Follow General Instructions
- **DO NOT eat or drink 6 hours before procedure**
- You must have a responsible person drive you home. Under no circumstances plan to drive, operate machinery, or make business decisions for remainder of day
- Continuous heart/EKG, blood pressure, and oxygen will be monitored
- Eat a light, easy digestible meal the night before the procedure

Soft Food List

Being well prepared will usually lead a smoother recovery. Purchase soft food items prior to surgery.

Remember to avoid straws!

Knife and Fork Diet:

Cut food into small enough bits that only a few chews will allow you to swallow it.

If a fork can cut/mash it, it's ok to eat.

The following are examples of soft food items:

Protein Shakes (look for over 20 g of protein / bottle if possible)

Broth or Hearty Soups (stew, cream of ____, lentil, miso, minestrone, split pea, chili)

Herbal Teas or Juice (cranberry, apple, grape, pineapple (8oz max/day))

Jell-O/ Pudding/Custard

Yogurt (soft or frozen)

Cottage Cheese, Humus

Soft Fruit (banana, papaya, berries, mangos, canned peaches or pears)

Vegetables (steamed, squash, spinach, refried beans, canned peas)

Applesauce

Ice Cream, Milkshakes, Fruit Smoothies, Popsicles or Sherbet

Oatmeal/Cream of Wheat

Eggs (scrambled, soft boiled, omelets, egg salad)

Mashed Potatoes, Sweet Potatoes, Polenta, Rice, Risotto

Noodles or Pasta (plain or with sauce), Macaroni and Cheese, Ramen Noodles,

Fish (tuna, lox, soft white fish, sole, trout, snapper)

Please avoid the following foods the first 7 days after surgery:

Spicy Foods

Crunchy or foods that are difficult to chew

Popcorn, Chips, Nuts, and Seeds (avoid for a month)

French bread loafs and Baguettes

Grapefruit and most citrus fruits, 8 oz. of pineapple juice per day being the exception.

Alcoholic Beverages

Carbonated Drinks

Tomatoes or Tomato Sauce

On the day of surgery, begin with clear fluids (juice, broth, tea, Jell-O, protein shakes) and progress slowly to more substantial foods. Remember, it is important to maintain nutrition for optimal healing to occur.

Be sure to rest and take it easy for the first few days; rent a few movies and have a relaxing recovery!

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Post-Operative Instructions

- You and your escort will be given post-op instructions prior to your dismissal
- Ice packs should be used intermittently for the first 24hrs to minimize swelling. Ice cubes/chips held in the mouth in the region of the surgery may also be beneficial. After 48hrs, the use of moist heat will assist in resolution of swelling.
- The gauze may be removed after 1 hour. If bleeding should persist, replace with a fresh damp gauze for an additional hour.
- Avoid dehydration by drinking plenty of water or Gatorade. The gauze may be removed while drinking and then replace thereafter.
- Sutures may have been placed. These may be removed at your post-op appointment or may fall out by themselves.
- The day following surgery, rinse your mouth 4 times a day (after each meal) with 1 cup of warm water containing 1tsp. of salt.
- Following surgery, take pain medication with juice or milk. Take your pain medication before it is needed for the first 24hrs.
- Please ensure that you do not chew on your cheek, or lip while local anesthesia is in effect
- Do not play with surgical site with your tongue, fingers, or outside objects (toothbrush, pencils, etc.)
- Do not consume hot liquids, foods, or any carbonated beverages for 48hrs
- Avoid vigorous rinsing, spitting, smoking, tobacco in any form, and using a straw. Do not blow your nose, if you need to sneeze, sneeze with mouth open.
- Avoid strenuous work or exercise
- If you are taking birth control pill, please use additional birth control while taking prescribed medications and for 30days after.

If Sedation was used for Surgery

- Under no circumstance drive an automobile, operate machinery, or make business decisions for at least 24hrs.
- Children require observation for at least 24hrs
- Please do not take a major trip immediately after procedure
- If you become dizzy while standing or sitting, please lie down. You will need assistance with walking until this resolves.

Symptoms That May Occur:

- Swelling and elevated temperature occurs to some extent with all teeth extractions. It does not always mean you have an infection. After removal of impacted teeth or re-contouring of bone, swelling may be quite severe and will peak at 48-73hrs after surgery
- Black and blue marks (bruising) may appear and are a result of bleeding internally into the cheeks or chin. This will resolve within approx. 1-2wks. Moist heat compresses applied to the face will assist with disappearance.
- Stiffness in jaw may occur and typically take a week to resolve. Temporary or permanent numbness of lip, tongues, or chin may occur as explained. Please inform us if numbness is still present after 72hrs post-surgery.
- If IV medications were administered slight redness and tenderness may occur in the region of injection. Apply warm moist towel and elevate arm. Contact office if it does not improve.
- Your symptoms should improve daily after the 3rd day. Please contact us if your temperature elevates to 100 or greater.

If there are any serious problems or questions which need our doctor's immediate attention, one of our staff is available 24 hours at (806) 686-1262.

Pain. Some discomfort is normal after the extraction of teeth. 400-600 mg every 4 to 6 hours of ibuprofen (Advil, Motrin or generic) is usually an excellent choice – If you are not allergic or intolerant to non-steroidal anti-inflammatory drugs. If you are asthmatic, do not take ibuprofen unless you have tolerated it in the past. If we have prescribed narcotic medicine for you, alternately taking the ibuprofen and narcotic when needed will improve your pain control. Some liquid/food in your stomach before taking pain medicine is usually a good idea in preventing nausea. Remember, pain medicines that contain a narcotic which can impair judgment and reflexes. Avoid driving or doing anything potentially dangerous while taking these medications.

Bleeding and Gauze pads. Gauze pads should be placed over the surgery site(s) with gentle pressure applied to the pads when you bite down; proper placement helps you avoid swallowing blood, which can make you more nauseated. The gauze pads should be replaced every 20 to 40 minutes. When the gauze pads have little or no blood on them, they are no longer necessary. The amount of bleeding will vary from person to person. Any heavy bleeding should slow within 3 to 4 hours. A small amount of blood is common up to 24 hours after your surgery and occasionally during sleep the first night. AVOID touching the area with fingers or your tongue.

Rinsing. Do not rinse your mouth on the day of surgery, it may prolong your bleeding. Begin salt-water rinses the day after surgery and continue for one week. Rinse with warm salt water 6 to 8 times each day, with approximately 1/2 teaspoon dissolved in a glass of warm water (a pre-made bottle each morning will lessen the amount of work.!) Do not use full-strength mouthwashes of any kind during the first week (mouthwashes contain alcohol which will retard healing)

Swelling. Swelling is a normal occurrence after oral surgery and is a major cause of discomfort. Swelling normally reaches its peak by the 3rd day and then starts to resolve; it can be reduced using an ice pack (or bag of frozen peas) over the affected area. Apply the ice pack for 10 minutes-avoiding heavy pressure, then remove or transfer it to a different area for 10 minutes. Do not freeze the skin. Apply the ice continuously, as much as possible, for the first 24 hours. Ice packs are useful for the first 24 hours only. Also, keep your head elevated on 2 pillows for 4 days. These measures won't eliminate swelling but help immensely to reduce its severity.

Diet. Do not eat for 2 hours after surgery (to allow blood clotting to begin undisturbed) then start with clear liquids, such as apple juice, tea or broth. Gradually ramp up your diet as tolerated. Always cool down any hot foods or liquids during the first 24 hours. If you were sedated for surgery, avoiding fatty, creamy or oily foods helps minimize, nausea. You should eat only soft food for the first few days: for example, soups, juices, mashed potatoes and meatloaf are fine. For 2 weeks, avoid any hard & chewy foods such as European breads, pizza crust, steak or jerky, and nuts or popcorn. To help prevent dry socket, do not use a straw for the first 3 days after surgery.

Oral Hygiene. Begin brushing your teeth the day after surgery. It is important to brush all your teeth, even if the teeth and gums are sensitive. It is important to proper healing that plaque and food are not allowed to accumulate near the extraction site. Smoking is strongly discouraged for at least a week. As with the use of straws, suction causes increased bleeding AND the nicotine and tar can cause delayed healing and loss of blood clot. Warm salt water rinses (1/2 teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, especially after meals.

Activity. Unless told otherwise, do no vigorous physical activity for three days following your surgery. Physical activity increases your blood pressure, which will cause an increase in your swelling, pain, and bleeding. You may increase your activity, such as jogging or tennis, 5 to 7 days after your surgery.

Emergencies. If there are any serious problems or questions which need a doctor's immediate attention, one of our staff is available 24 hours at (806) 686-1262.