



## Pre-Operative Instructions

Patient Name: Christian Genco

### 1. No food or drink within eight (8) hours of your appointment

If your appointment is in the morning, do not have anything to eat or drink from midnight the night prior to your appointment day. If your appointment is in the afternoon, you can have breakfast in the morning, if you finish your meal eight (8) hours prior to your appointment. A small amount of water may be used to take any necessary medications. Unless specified by your dentist, all medicines taken on a routine basis should be continued without interruption. If you have health concerns related to these fasting requirements, contact our office with specific fasting instructions.

### 2. Wear short sleeves for your appointment

Short sleeves are necessary for IV access. Wear comfortable shoes that are easy to walk in and remove glasses and contact lenses. Please do not wear dark nail polish or acrylic nails.

### 3. Do not eat grapefruit or drink grapefruit juice the day of surgery

This fruit has been shown to affect the metabolism of many medications, increasing the risk of toxicity and adverse effects.

### 4. If pregnancy is suspected, procedure should be cancelled.

Sedation medications can affect the unborn child.

### 5. NO alcohol the day before or after surgery.

### 6. NO smoking or vaping the day of surgery and for 7 days after.

### 7. NO use of any recreational drugs at least 48 hours prior to surgery. Please note: *Use of illegal drugs (and any drug) may cause you to not be completely sedated as you have a higher tolerance to drugs.*

**For your safety:** Be sure to tell your Dr. about any recreational drug use. Illegal drug use will not be reported to anyone else.

### 8. A responsible adult (18 years or older) needs to drive you to the appointment, stay in the building with a vehicle there, and drive you home. NO driving the day of your appointment.

### 9. Patients under the age of 18 must be accompanied by legal guardian.

### 10. If you have any questions concerning any of the instructions above, please call our office –

We will be happy to answer any questions you have so we can ensure you have a successful appointment.

*If you are not able to follow these instructions, we will not be able to administer sedation or complete the planned treatment.*

**I HAVE READ THESE PRE-PROCEDURE INSTRUCTIONS AND UNDERSTAND**

Patient or Responsible Party's Signature:

*Christian Genco*

DATE:

11 / 06 / 2020



Patient Name: Christian Genco

Please call **(469) 751-8889 with questions and concerns** during business hour of 8am to 5pm

Monday thru Friday. **If after those hours:**

**EMERGENCY ONLY POST-OP PHONE NUMBER: (214) 307-6628 or call 911.** (Reaction to medication, excessive bleeding that can't be stopped, fever, rapid swelling in the eye/neck, or vomiting)

### Post-Operative Instructions:

**NOTE:** The **EXPECTED** postoperative problems associated with the removal of impactions and surgical extractions **include: discomfort, swelling, bleeding, and limited jaw opening.**

Following these directions is important to avoid complications and to aid the healing process. Please read them carefully. If you have any questions, please call the office during business hours.

**\*\*24 Hour Rule – DO NOT RINSE YOUR MOUTH, SPIT, USE A STRAW, CHEW HARD FOOD, BRUSH YOUR TEETH, OR LOOK IN YOUR MOUTH FOR 24 HOURS.** After 24 hours, rinse your mouth GENTLY with salt water. Rinse for one minute twice a day for seven days. **Do not rinse on day of surgery.**

**-PAIN MEDICATION / ANTIBIOTICS:** Pick up the prescriptions on your way home. Take medication with a cup of liquid or a serving of food. **Never take medication on an empty stomach.** To avoid nausea while taking pain medication: Eat soft foods, remain in a reclined position and take it easy for the first couple of days.

1. Take antibiotic (amoxicillin or clindamycin) as instructed on medicine bottle.
2. Take Medrol Dose Pack as directed on package until completely gone. Do not stop taking unless directed.
3. Only fill and take the prescription for Zofran if needed for nausea. Follow instructions on medicine bottle.

**Stay on the medication schedule outlined below for management of pain.**

Ultracet (2 tablets) OR Tylenol #3 (1 tablet) - You can <b>replace</b> Ultracet with Tylenol 1000 mg (2 - 500 mg Over The Counter)
Wait four (4) hours
Ibuprofen 800 mg (4 - 200 mg over the counter pills)
Wait four (4) hours
"REPEAT" above cycle

**-USE ICE THE DAY OF SURGERY:** ---Swelling normally increases for 3-4 days following surgery and then gradually decreases. Ice should be applied for 20 minutes on and 10 minutes off, alternating on and off the day of surgery and for the remaining 24 hours. On days 3-5 after procedure, you **can** apply heat to swollen area.

**-USE GAUZE TO CONTROL BLEEDING:** --Bite down gently but firmly on the gauze for about 1-2 hours

(Do not "bite" on gauze or tea bags for more than the first 2 hours, this stops the blood from clotting on its own) and change gauze when you get home from surgery. Let 2nd gauze stay in mouth for up to one hour and then throw away. Keeping your head elevated at all times for the first 2- 3 days following surgery will help decrease swelling and pain.

- If bleeding is excessive – check that gauze is in proper position on the area of surgery – as far back in the mouth as possible. You may bite on tea bags to help stop bleeding.
- Talking and movement of your mouth and tongue will increase bleeding.
- Gauze should be changed as needed and removed when bleeding is controlled - NO MORE THAN 2 HOURS.
- Following extraction of Wisdom Teeth, it is not uncommon for some bleeding to continue into the following day.

**-DIET --** Drink a lot of fluids. Avoid all foods that require chewing for the first 2 days: (Ensure, smoothies (no straw), ice cream, yogurt, soup, mashed potatoes, pudding, jello and similar). After 2 days, you should begin eating soft foods that require chewing so your jaw doesn't get tight and cause pain: (Banana, pancakes, eggs, larger pastas, soft sandwiches, cooked vegetables, and similar). You can also chew gum to prevent tightening of jaw. Remember to rinse with warm salt water after eating. **\*Avoid crunchy and small things (chips, rice, corn, and oatmeal) until day 7 when you start using syringe. NO STRAWS FOR AT LEAST 7 DAYS.**

**-SLEEP IS RECOMMENDED AFTER SURGERY** Blood pressure and bleeding decrease when sleeping.

**-Supervision – PATIENTS SHOULD NOT BE LEFT ALONE THE DAY OF SURGERY**

**-Smoking – DO NOT SMOKE OR VAPE for 7 DAYS AFTER SURGERY**

**-Avoid vigorous activities for three to four days after the surgery.**

**-On day 7, use the provided syringe (filled with warm salt water) to keep the extraction site clean once a day at night.**

***\*IT IS NOT UNCOMMON TO FEEL WORSE INSTEAD OF BETTER ON DAYS 3-5, WHICH IS THE PEAK OF THE SWELLING AND HEALING PROCESS. IN MANY CASES, IT TAKES AT LEAST A WEEK TO FEEL BETTER.*** Severe infections are rare. \*\*\*If you feel you are having an emergency (i.e. rapid swelling in the eye/neck, fever, difficulty breathing, excessive bleeding that cannot be stopped) Call (214) 307-6628 or visit the ER\*\*\* All other questions: Please call (469)751-8889 between 8am to 5pm Monday thru Friday.

**I HAVE READ THESE POST-PROCEDURE INSTRUCTIONS AND UNDERSTAND.**

Patient or Responsible Party's signature: Christian Geuco DATE: 11 / 06 / 2020