

Pre/post operative instructions

Please take your usual medications as prescribed the day of surgery. Discontinue the use of Aspirin and any NSAIDs 14 days prior to surgery. Discontinue Vitamin E, Ginseng, Garlic, Ginko 7 days prior to surgery. These medications/supplements cause excessive bleeding during and after surgery.

Discomfort- As with any surgical procedure some discomfort may be anticipated. You must take all prescribed medication right after the procedure to keep pain to a minimum. Take all medications as directed, do not alter dosage and time requirement. If you have been prescribed Vicodin or Norco (Hydrocodone) or any type of sedation, you may **NOT** drive or operate machinery or sign legal documents for 24 hours after the last dose. You may not drink alcohol for 24 hours.

Brushing- Please avoid brushing and flossing the surgical site! Use the oral rinse instead. Continue to brush and floss the rest of your teeth.

Rinse Instructions- Hold the Chlorhexidine Gluconate (Peridex) rinse over the surgical site, you may have to tilt your head and hold it for 2 min starting 24 hours after surgery.

Swelling- Some swelling should be anticipated after surgery. To prevent further swelling, and keep swelling to a minimum, please gently place an ice pack on the outside of your face, 20 mins on, 20 mins off, for the first 24 hours as much as possible. After the first 48 hours, you may place compresses such as a warm wash cloth on the outside of your face 20 min on, and 20 mins off. Swelling will peak on the third day.

Bruising- Some bruising may occur after surgery either outside or inside of the mouth and can last up to 14 days.

Bleeding- Some oozing of blood after surgery is normal. Please avoid excessive spitting and rinsing. Do NOT use a straw or do any sucking motions, this will cause bleeding and will interfere with the healing of the surgical site. If oozing continues, sit up and use light pressure to position a moist Lipton black tea bag over the wound to help stop the bleeding.

Diet- Your diet following surgery will consist of only soft foods, nothing hard, crunchy, spicy or acidic. Stay away from carbonated drinks. Avoid eating small seeds such as sesame seeds, poppy seeds or strawberry seeds etc. Chew on the opposite side of where the surgery was done to avoid disturbing the healing process. Protein shakes and fruit smoothies are a good source of nutrients, but remember NOT to use straws, use a spoon. Only cold food for the first 48 hours to help minimize swelling.

Activity- Avoid activity for one week after surgery as this will increase heart rate and promote bleeding and swelling in the surgical areas. After surgery keep your head elevated and do not sleep on the side where you had the surgery.

Sutures- Sutures, also known as “stitches”, will most likely be needed after the surgery. Do not cut any of your sutures, doing so will impede healing and lead to surgical failure. Dissolving sutures may start to come loose as early as 4 days after surgery. Do not cut them. Call our office instead.

Healing- Please do NOT, for any reason, lift or pull up your lip to look at the surgical site or feel the area with your tongue. Do NOT rest your hand on your face and do NOT sleep on the side you had surgery. Soft tissue takes between 4-6 weeks for healing. Bone grafting and implants take between 3-6 months for final healing.

Recovery time- Some patients take time off work after the surgical procedure. Please limit talking after surgery for the first week as talking causes the tissues to move and disrupts the healing process.

Palatal Stent- *If you have been given a palatal stent, please use it for a week. Certain foods can stain the palatal stent such as tomato sauce. Remove palatal stent 2 times a day and rinse with lukewarm water. Do NOT use hot water.*

Smoking- Please avoid smoking for 1 week, as smoking interferes with the healing process.

FOOD: Prepare for after surgery by having plenty of soft foods to eat. Examples include; **eggs, yogurt, soft cheese, cottage cheese, pudding, ice cream, oatmeal, soft bread, pancakes, well boiled pasta, grits, polenta, thinly sliced lunch meats, tofu, mashed or baked potatoes, avocados, well steamed veggies, beans, hummus, Jell-O and apple sauce.** Please stick to these types of foods for the first week after surgery.

Avoid any foods that are hard for you to chew or swallow, such as the following:

- Starches: Dry bread, toast, crackers, and cereal.
- Vegetables: Corn on the cob and raw vegetables.
- Fruits: Raw, crisp fruits, such as apples and pears.
- Meats, and protein foods: Crunchy toppings, dry or tough meat, and peanut butter.
- Avoid spicy, acidic, and anything with small seeds.

If there is an emergency please call the office at (530) 809-2379.

If there is an after-hours emergency please call our emergency number (530) 988-5484 and leave a message.

IV and Oral Sedation Patients ONLY

- **DO NOT** have anything to eat or drink (including water) for six (6) hours prior to the appointment. Stay hydrated and drink lots of water the day before your procedure and avoid alcohol for 24 hours.
- Pick up prescriptions, read instructions, and take medications exactly as prescribed.
- If you are pregnant, or think you may be pregnant, you may **NOT** undergo any type of sedation. Please notify the staff immediately if there is a chance you may be pregnant.
- Absolutely no smoking at least 12 hours prior to surgery. Smoking will have a negative impact on healing.
- A responsible adult must accompany the patient to the office, remain in the office until released by a staff member, be available to drive the patient home, and stay with the patient the remainder of the day.
- For the next 24 hours, do NOT operate machinery, which includes driving a car, no heavy lifting, no stairs, no important decisions, no signing legal documents.
- Please wear loose fitting clothing with sleeves which can be rolled up past the elbow, and low-heeled shoes.
- Jewelry, and dentures must be removed at the time of surgery.
- Do not wear lipstick, excessive makeup, or nail polish on the day of surgery.
- If you have an illness such as a cold, sore throat, stomach or bowel upset, please notify the office (530) 809-2379 *as soon as possible*

If you take routine oral medications, please check with Dr. Criveanu prior to your surgical date for instructions.

Inability to complete scheduled surgery due to any of the reasons listed above will result in a non-refundable fee of \$100 for each hour of scheduled time that was reserved for you.

****If you have any questions or need clarification, please call and speak to a team member.***