



Pre/post operative instructions

Additional instruction may be given to you for your specific condition.

Discomfort- As with any surgical procedure, some discomfort is anticipated. You must take all prescribed medication as directed, following the procedure, to keep pain to a minimum. If you have been prescribed Vicodin or Norco (Hydrocodone) or any type of sedation, you may **NOT** drive, operate machinery, or sign any legal documents for 24 hours after the last dose. NEVER COMBINE ALCOHOL AND ANY PRESCRIPTION MEDICATION.

Brushing- Please ***DO NOT brush or floss the surgical site!*** Use the oral rinse instead. You can brush and floss the rest of your teeth that are not in close proximity to the surgery site with a manual brush ONLY.

Mouth Rinse- GENTLY use Chlorhexidine Gluconate (Peridex) mouth rinse starting 24 hours after surgery. Do not spit it out, gently let it drool out over a sink. Use twice a day.

Swelling- Swelling should be anticipated after surgery. To prevent excess 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. 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 of the mouth or inside of the mouth and can last up to 7-10 days. This is normal.

Bleeding- Some oozing of blood after surgery is normal. Please avoid spitting and rinsing. Do NOT use a straw or do any sucking motions as this will cause bleeding and will interfere with the healing of the surgical site. If oozing continues, sit upright 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 nutrition, but remember NOT to use straws, use a spoon instead. Consume only cold or room temperature food for the first 48 hours.

Activity- Avoid any physical activity for the first week after surgery, as this will increase heart rate and promote bleeding and swelling in the surgical areas. Keep your head elevated and do not sleep on the side which was surgically treated.

Sutures- Sutures, also known as “stitches”, will most likely be needed after the surgery. Do not cut or remove any of your sutures as this will lead to the failure of your surgery. Call the office with any concerns.

Talking- If you had gum grafting, do NOT talk for the first week following surgery, and you must minimize talking and any facial movements for the second week. If the lips and cheeks move over the graft, the graft will fail and you will incur additional costs to have the area re-sutured or re-grafted.

Healing- 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 that was surgically

treated. Soft tissue takes 4-6 weeks for healing. Bone grafting and implants take 3-6 months for final healing.

Recovery time- Rest is very important, as your body only heals when you are sleeping. Taking a week off work is advised.

Palatal Stent- If you have been given a palatal stent, do NOT take it out for the first 24 hours. Please wear it for a week, removing it twice a day to clean with cold water. After the first week, please only wear it when you eat and when you sleep.

Smoking- Please avoid smoking for 1 week prior and 2 weeks post-surgery. Smoking interferes with the healing process and will compromise your surgical results.

FOOD: Prepare for after surgery by having plenty of soft foods to eat. Examples include; **yogurt, soft cheese, cottage cheese, pudding, ice cream, oatmeal, soft bread, pancakes, well boiled pasta, grits, polenta, thinly sliced lunch meats, tofu, eggs, mashed or baked potatoes, avocados, well steamed veggies, beans, hummus, and apple sauce.** Please stick to these types of foods for the first few weeks 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: 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 during business hours at (530) 809-2379. If there is an after-hours emergency, please call or text Dr. Bea Criveanu at (530) 988-5484 or Dr. Jennifer Clark at (970) 403-5820 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. Absolutely NO alcohol for 48 hours prior to your appointment.
- Absolutely no marijuana, cigarettes, vaping or recreational drug use for at least 48 hours prior to surgery.
- Pick up all prescriptions, read instructions, and take medications exactly as prescribed.
- A responsible adult must accompany you to the office, remain in the office until released by a staff member, drive you home, and stay with you the rest of the day.
- You should **NOT** drive a vehicle or operate any machinery for 24 hours following the anesthesia experience. Do not sign any legal documents, make any financial or important decision, for 24 hrs.
- Please wear loose fitting clothing with sleeves which can be rolled up past the elbow, and low-heeled shoes.
- Partials and dentures will be removed at the time of surgery. Please refrain from wearing jewelry to your appointment.
- 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, call the office prior to your surgical date for instructions.

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

****If you have any questions or need clarification, please call or e-mail the office and speak to a team member.***