



Center for Oral and Facial Surgery

& Dental Implants | Glen Allen

Pre-Operative Care Instructions

On the morning of surgery **BEFORE IV SEDATION:**

- Please do not eat or drink anything (including water) for **8** hours prior to your procedure.
- Asthmatic patients please bring your non-expired inhaler the day of surgery.
- Refrain from smoking for at least **12** hours before surgery.
- An adult must accompany you to the office, be present in the office during the procedure, and drive you home. If a pediatric case, then 2 adults must come.
- **NO** driving for 24 hours following IV anesthesia.
- Wear comfortable, loose-fitting clothing; short sleeves; and closed toe shoes.
- Remove contact lenses, jewelry and dentures.
- Don't wear lipstick, **nail polish** or makeup.
- Call the office beforehand if you have an illness like a cold, excessive cough, sore throat, upset stomach or recent asthma attack. For safety we may need to reschedule your surgery until you are feeling better.
- For oral medications that you are currently taking, Dr. Herrera will give you instructions the day of the consult of what to do prior to your procedure.

After surgery, we will give you detailed instructions and additional gauze. Prescriptions will also be given to you to be filled at the pharmacy on your way home from our office. Carefully following our directions for care can prevent unnecessary pain and complications and help you heal more quickly.



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Post-Operative Instructions after Oral Surgery

- Bite firmly on the gauze pack for 30-45 mins to stop the bleeding. It is important that the pack remain exactly where it is and that firm, even pressure is kept on it. It must remain over the extraction site(s)! **DO NOT** leave the gauze in overnight.
- If you can take ibuprofen (Motrin[®] or Advil[®]), take 400–800 mg every 6–8 hours. Ibuprofen will help with pain relief and swelling reduction as an anti-inflammatory. If you cannot take ibuprofen, then 1–2 tablets of acetaminophen (regular Tylenol[®], 325–650 mg) should be taken every 4–6 hours. If you were prescribed a stronger pain medication such as Norco[®] (hydrocodone with acetaminophen), Tylenol[®] with codeine, or Percocet[®] (oxycodone with acetaminophen), you can take that in addition to your ibuprofen if the pain is severe, **but do not combine Norco[®], Tylenol[®] with codeine, or Percocet[®] with any medication containing acetaminophen (Tylenol[®]).**
- Minor bleeding from the extraction site(s) is normal for the first 24 hours. If heavy bleeding does occur, fold one of the gauze squares and place it over the extraction site. Keep it in place for one more hour.
- Swelling around the extraction sites is also normal and expected. Apply **ice** packs, if directed, to the face over the extraction site(s). The ice should be applied ½ hour on, ½ hour off only the day of surgery. Use **heat** after the first day.
- In general, take it easy for the rest of the day. Lie down with your head elevated on a pillow. **NO** strenuous exercising or heavy lifting for the next 3 days.
- **DO NOT** spit, rinse your mouth, drink through a straw, drink any carbonated beverage (soda), or use mouthwash for the next 24 hours. **NO SMOKING** for the next 3-4 days. **DO NOT** dip snuff or chew tobacco until the extraction site heals. **NO ALCOHOL** for at least 2 days (including beer and wine). **WHY?** The blood clot may wash out and you might get a dry socket.
- Stick to your normal meal schedule but eat soft foods or drink nourishing liquids. **DRINK PLENTY OF FLUIDS.**
- 24 hours after surgery gently rinse with warm salt water. Use ½ teaspoon of salt per glass of warm water. This will help promote healing, reduce swelling, and keep the area clean. Continue to brush your teeth normally being careful around the extraction area.
- If your lower lip is still numb after 24 hours, please contact the office for assistance.

If you have **ANY** problems or questions, contact the office @ **804-270-4870**



What to Do After Placement of Dental Implants

The incision wounds from implant surgery usually heal quickly and without complications if simple precautions are taken. Cooperation with your oral surgeon is important. Here are some guidelines and instructions for you to follow to aid in your healing and recovery:

- Rest at home, generally take it easy for 24-48 hours following surgery. It may not be necessary to go to bed; however, it is important that you rest.
- We know that you are eager to see the surgery that has been performed. However, please do not forcefully pull your lips or cheeks away to inspect the surgical site. This action could tear your sutures or delay healing. If you see a small piece of metal in the extraction site it is called a healing abutment. It helps the surrounding gum tissue heal. After a few weeks, the healing cap is removed. The abutment is screwed into the implant and used to support the crown.
- **BLEEDING:** Mild bleeding is expected for the first 16-24 hours. Please keep firm constant pressure on the gauze. You can change it every 30-45 mins until oozing stops
- **SWELLING:** The surgical area will swell and may become quite large. After the procedure, apply an ice pack to the side of your face where surgery was performed at 15-minute intervals for the remainder of the day. Moist heat, like a warm, wet washcloth, will aid in reducing swelling after the first 24 hours. Swelling usually reaches its maximum within the first 40 hours post-surgery and then slowly decreases.
- **BRUISING:** Bruising sometimes occurs after implant surgery. It is a natural result of the drilling involved to place the implants and you should not be alarmed if it occurs. The bruising often shows up a few days post-surgery and may be located either above or below the area that the implants were placed.
- **DIET: No Straws Please.** It is most important that you maintain a nutritious diet during the weeks of healing. The patient who maintains a good diet of soft foods generally feels better, has less discomfort, and heals faster. Since you will be taking medication, it is important that you eat to prevent nausea.

- **EXERCISING:** Avoid excessive physical activity the first 3-4 days to improve proper recovery and healing.
- **DENTURES:** If you currently wear a full or partial denture or a single-tooth prosthesis (called a “flipper”), you may wear your appliance immediately after the implant surgery, unless your oral surgeon instructs you otherwise. Your appliance should be left in for the first 24 hours to help contour the gum underneath and minimize swelling. On the day following surgery, your appliance may be removed for cleaning purposes (rinsing and brushing) but should not be left out for a long period of time.
- **PLEASE** do not smoke for 24 hours. Smoking may dry out the tissues and delay healing. Smoking can also cause you to bleed more and for longer periods of time.
- You can gently rinse your mouth with a warm salt water solution starting around 2 hours after your surgery. This rinsing should be done frequently, especially after meals and before bedtime for 1 week.
- Three days after surgery, your appliance may be left out for a period and at night. If your gums are excessively sore or you feel unusual pressure from your appliance, you should not wear it until you have seen your dentist or surgeon and have it modified or relined.
- You can expect to be uncomfortable for the first day after surgery. The second day may also be uncomfortable with some more noticeable swelling. On the third day, discomfort generally lessens, with progressive improvement thereafter.
- Take your prescribed medications as directed
- If your lower lip is still numb after 24 hours, please contact the office for assistance.

We are concerned about your well-being. If you should experience any difficulty in breathing, bleeding that you feel is excessive, persistent nausea or vomiting, any pain that is unusual, please call us at any time @ 804-270-4870. There is always a doctor on call to aid you in answering your questions or in providing you with emergency care.