

Pre-Surgical Instructions

One Week Prior to Surgery:

- Avoid taking any aspirin or aspirin products, including PLAVIX.
- Tylenol is an acceptable alternative to Advil or Motrin (Ibuprofen) products. The active ingredient in Tylenol is **acetaminophen** which doesn't interfere with the blood's ability to **clot normally**.
- Medications that are taken under the supervision of your physician may be continued, including Aspirin, if necessary.
- **Discontinue Smoking** for as many days prior to your scheduled surgical time as possible. Smoking will slow the healing process and increases the risk of infection post surgical.

Four Days Prior to Surgery:

- We also recommend taking *Arnica Montana* (30x).
- *Arnica Montana* is a Homeopathic perennial mountain herb indigenous to Central Europe that has been proven effective in reducing bruising and swelling post operatively.
- Arnica Montana can be purchased at **Warehouse Vitamins** (NW Corner Grant & Swan). Follow the instructions on the bottle. **No eating or drinking 15 minutes before or after taking the Arnica Montana.**

One Day before Surgery

- Stay well hydrated, drinking lots of fluids the day before surgery.

Morning of Surgery:

- We will provide prescriptions and review the dosage of medication to be taken on the day of surgery with you & your escort.
- Take all of your usual morning doses of medications prescribed by your physician with a small sip of water. **IF YOU TAKE MEDICATION FOR HIGH BLOOD PRESSURE IT IS IMPORTANT THAT YOU TAKE YOUR MEDICATION ON THE DATE OF SURGERY**
- If you are an asthmatic, please bring your inhalers with you to the surgical appointment.
- Wear comfortable clothing.
- Patients that aren't scheduled for I-V Sedation may eat a light breakfast or light lunch depending on the time of surgery.

Patients that are scheduled for IV-Sedation must not eat or drink six (6) hours prior to their scheduled surgical time to avoid any possible risk or complications with the anesthesia. Patients must also provide escorts to and from your surgical appointment.

Post Surgical Instructions

- You should expect mild to moderate discomfort when your anesthesia wears off. Take the medications prescribed as directed.
- The anti-inflammatory medication will be your primary medication for discomfort. Anti-inflammatory agents act by preventing or reducing swelling and pain. Anti-inflammatory medications contain no narcotic agents and are usually tolerated better than narcotics.
- You may also be given a prescription for a narcotic medication such as Vicodin or Tylenol with Codeine. This can be used in conjunction with the anti-inflammatory medication. Follow the instructions on the bottle and take only as prescribed. Some *narcotics are known to cause nausea* in patients that are drug sensitive. If nausea persists, **discontinue** use of the narcotic and take the anti-inflammatory medication as prescribed.
- Vicodin and other narcotic medications can alter the normal function of your bowel leading to constipation. You may want to consider purchasing an over the counter stool softener to be taken in conjunction with your narcotic medication.
- Many patients find that they do not require the narcotic and manage quite well on the Anti-inflammatory medication alone.
- Postoperative infection following periodontal surgery is rare and antibiotics are not routinely prescribed. If antibiotics are prescribed, please finish all of the medication unless directed by Dr. Brown.
- Dr. Brown will prescribe an anti-bacterial rinse called *Peridex* for those surgical patients requiring sutures. Follow the instructions on the bottle. (Brushing is acceptable for all non-surgical areas.) Begin rinsing the day after surgery. The gums most likely will bleed more than they did prior to surgery. This is normal in the early stages of healing and will gradually subside. Do not stop rinsing if you experience bleeding when you brush. Continue to rinse with *Peridex* for two weeks post-operatively. Dr. Brown will direct either continued use of the *Peridex* or discontinuing the rinse at your first post operative appointment.
- You may experience mild nausea and sometimes vomiting the first several hours following surgery. This is a common side effect of anesthesia and should resolve within a few hours. If the vomiting continues for more than 4 hours, please contact Dr. Brown on his cell phone @ (520) 591-5724.

- You may experience feelings of mild weakness or chills during the first 24 hours. This is not typically cause for alarm. It is very important that you rest during this early stage of your recovery.
- We recommend sleeping the first evening on at least **2 pillows**. This will elevate your head which can prevent or minimize swelling. Post operative swelling generally peaks at 36-48 hours. Do not be alarmed if your swelling looks worse 1-2 days post surgery.
- You may visualize blood in your saliva for a few hours post operatively. This is not unusual. If bleeding persists, apply pressure to the area for five minutes. If bleeding persists, you can apply a moist tea bag to the area and hold with steady pressure for an additional five to ten minutes. If bleeding persists, contact Dr. Brown on his cellular phone.
- You may experience some facial swelling during the first 24-48 hours. This is typically a result of normal post-surgical edema and not infection. Apply ice packs to the face to minimize the swelling. Ice should be applied at 10-20 minute intervals every hour for the first 24-36 hours.
- Until your anesthesia wears off, you should not have anything to eat. Please do not smoke. Once your numbness is gone you can eat soft foods but should avoid warm or hot foods for the remainder of the day. The next day you may eat anything you can cut with a fork, i.e. soft foods. Please do not eat spicy foods or drink any alcoholic beverages. Try to maintain a well balanced diet.
- Avoid disturbing the surgical area, especially the first 2-3 days. The most common source of trauma is pulling or hitting the surgical area, especially when eating.
- For patients who have had Gum Surgery, Dental Implants or Extractions, please avoid biting into hard foods and brushing the surgical area for 7-10 days.
- Sutures will dissolve and begin to fall out as soon as 3-4 days after surgery.
- Soft tissue/Gum Graft surgery patients will notice that the surface of the graft may turn white and appear to fall off. This is a normal occurrence. Do not bite into any foods with teeth that were grafted for 14 days.

Most of the pain that you may experience is a result of swelling. Our goal is to help you manage and reduce the swelling by elevating your head, applying ice as directed, and through the use of oral Anti-Inflammatory medication.