

Surgical Pre-Operative Instructions

Please follow these pre-operative instructions

If you are having Intravenous sedation:

- We ask that you have nothing to eat or drink for 6 hours before your surgical appointment (except for any prescribed medications – please take them as directed with a minimal amount of water). If you are diabetic or have other nutritional requirements that necessitate frequent meals, please contact our office at Office Phone Number **303-721-1173** for instructions.
- You will need to arrange to have a ride home. ** PLEASE have your ride come into the office with you. **
- Wear short sleeves to your surgical appointment, or a shirt that will allow us to access your upper arm for the sedation.

If you are unable to keep this appointment date, please contact our office as soon as possible to cancel the appointment and to reschedule another one. Surgical appointments are booked in our office several weeks in advance. Therefore, we do ask for at least a 72 hour notice for cancellation and rescheduling of surgical appointments. If you have any questions regarding the pre-operative instructions or your surgical appointment, please feel free to call our office at **303-721-1173**.

→ Medications

- Make sure you have informed our office of **ALL** prescription and non-prescription medication and supplements you consume.
- Please let our office know if you have any known drug allergies, adverse reactions or drug interactions to any medications.
- Take all other medications prescribed by your physician unless otherwise directed by our office.
- Finish ALL antibiotics and medications prescribed for healing. Pain medications should be taken as needed.

→ Important recommendations:

- Let your doctor know if you are on a blood thinner, bisphosphonate (osteoporosis or bone medication), blood pressure or medication for diabetes.
- Please let your doctor know if you wear a CPAP, nightguard, occlusal guard or any appliance on your teeth at night.

→ Over-the-counter medications for pain include:

- Advil Dual Action with Acetaminophen (preferred OTC pain control medication for our patients)
 - Take up to two tablets every 8 hours, take less if effective at lower dose.
 - Each dose (two tablets) contains 250 mg of ibuprofen and 500 mg of acetaminophen.
 - Ibuprofen targets pain at the source and acetaminophen blocks pain signals from the brain. Advil Dual Action has both ingredients in order to relieve your pain. It has lower maximum daily doses of ingredients - 250 mg of ibuprofen and 500 mg of acetaminophen per dose - but it does not sacrifice the effectiveness of the combination - moreover it makes it strong, working for up to 8 hours!

- Acetaminophen (Tylenol): Take up to 1000 mg every 6 hours, take less if effective at lower dose.
 - Acetaminophen is only a pain medication and will not reduce inflammation or swelling, but will not interfere with bleeding or anti-coagulants. Ibuprofen and Naproxen are both anti-inflammatories and pain medications but may interfere with bleeding and anti-coagulants. Discuss the best medications with your doctor.
- Ibuprofen (Advil, Motrin): Take up to 600 mg every 6 hours, take less if effective at lower dose.
- Naproxen Sodium
 - Take up to 550mg every 12 hours, take less if effective at lower dose.
 - Trade name is Aleve
- Prescription medications:

If significant discomfort is anticipated, you might be prescribed stronger analgesic medications:

- Opioids:
 - Hydrocone (sold combined with acetaminophen or ibuprofen)
 - Trade name Norco, Vicodin, Lorcet, Lortab, Vicoprofen
 - Oxycodone (sold combined with acetaminophen)
 - Trade name Percocet
- Non-opioids:
 - Tramadol
 - Trade name Ultram
 - Can be habit-forming
 - Ketorolac
 - Trade name Toradol
 - Often used by injection in IV or muscle
 - Anti-inflammatory
- **IMPORTANT: Driving or operating dangerous equipment while taking narcotics (pain medication) can be very dangerous. Also, you should not consume alcohol while taking narcotics!**

→Bleeding Post-Surgery

- Light bleeding (oozing) from the surgical area may occur for up to 48 hours post-surgery.
- Control by applying pressure with moist gauze or a moistened black tea bag for minimum of 30 minutes.

→Diet After Dental Surgery

- All soft foods for 2 weeks post-procedure. Do NOT eat hard, crunchy, spicy, fried, hot foods along with small seeds, pretzels, crust, chips, peanuts, popcorn, sesame seeds, kiwi seeds, cereal, bread, pizza, candy, rice, nuts, gum, nachos, steak, wings, sausage, etc.
- Eat soft foods such as yogurt or cottage cheese, soup, well-cooked veggies, soft bread, mashed potatoes, stuffing, pudding or gelatin, sorbet, oatmeal, pasta, eggs, applesauce, bananas, protein shakes and fish.
- As a general recommendation, if your food cannot be cut with a plastic fork, it should not be consumed within the first two weeks of your dental surgery.
- Do NOT brush or floss the surgical area for 2-3 weeks. Continue plaque removal in all other areas where surgery was not performed.
- Use prescription rinse ONLY via gentle swishing in between snacking/meals, twice daily starting the day of surgery.
- The prescription rinse is normally used for 4-6 weeks after surgery. After 24 hours you should start warm (not hot) salt water rinses (1/2 tsp. salt in a tall glass of water) 3-4 times per day for the first week after surgery.

→Avoid the Following for 24-48 Hours Post-Surgery:

- Spitting out with force and/or drinking from a straw
- Carbonated beverages
- Anything hot (food or drinks)

→Avoid the Following for 3-5 Days Post-Surgery:

- Aspirin
- Cardio exercise
- Eating small seeds, crunchy foods, anything that could get stuck under the gums.



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→ **Smoking should be avoided for at least 2 weeks after any oral surgery.**

- Nicotine is a vasoconstrictor and WILL directly decrease nutritional blood flow causing delayed healing
- Smoking cannabis will delay healing in the mouth similarly

Try to relax and practice the best oral hygiene possible and your healing should go well at home. Stay on top of pain medications. If you have any questions or concerns, please call the number(s) listed below:

303-721-1173 (DP Office)

618-558-1035 (Dr. Richardson Cell)

970-713- 0012 (Dr. Petroche Cell)

It is best to text your name to your Doctor and they will call you back. Voicemails are often not registered as quickly fyi.

If you cannot reach anyone from our office, please call 911 or contact the nearest emergency room.