

Oral & Maxillofacial Surgery General Pre-Operative Instructions

*** DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. PREOPERATIVE MEDICATIONS MAY BE TAKEN WITH A SIP OF WATER.** You may brush your teeth before surgery, however, do not swallow any water.

*Wear loose, comfortable clothing such as T-shirt, short sleeve shirt/blouse and shoes or slippers the day of surgery. Pajamas are acceptable. No dresses or overalls.

*Make-up and contact lenses are not to be worn on the day of surgery. Please leave jewelry and valuables at home. Dentures may be permitted. Please inform the nursing staff of any removable dental appliances. Please refrain from nail polish that are dark colors. Please remove any lip or tongue piercing jewelry prior to surgery.

*Smoking is to be avoided before and after surgery for four (4) weeks to insure optimum oxygen circulation to the tissues. Please avoid "second hand smoke" also for the specified periods of time.

***IT IS IMPERATIVE THAT YOU HAVE A DRIVER HERE WITH YOU WHILE YOU ARE HAVING SURGERY WAITING IN OUR LOBBY TO TAKE YOU HOME AFTER SURGERY AND SOMEONE TO ASSIST YOU WITH YOUR CARE THE FIRST NIGHT.** Arrangements should be made prior to surgery. Driver that is not present at time of check in appt., surgery will be cancelled. Transportation by motorcycle, bus, or taxi is unacceptable.

*Please bring any questions or concerns regarding surgical consents to the office the day of your surgery to be discussed with the doctor, or any additional referral medical consent, legal document that would be needed for the surgery.

*If you develop the flu, a cold, a fever, or an infection prior to surgery, please notify our office immediately.

*Any scheduled surgery that is more than 10 minutes late will be rescheduled.

*Please remember to park in the School of Dentistry patient parking lot and inform security guard that you have an appt. with Oral & Maxillofacial Surgery Dept.

If you have questions please do not hesitate to contact our office at (909) 558-4423.

Cirugia Oral y Maxilofacial

Instrucciones Pre-operativas

***NO DEBE COMER NI BEBER NADA DESPUES DE MEDIANOCHE LA NOCHE ANTES DE LA CIRUGIA.** Medicamentos pre-operativos pueden ser tomados con un poco de agua. Se permite cepillar los dientes (SIN tragar/beber la agua) antes de la cirugia.

*Deberia ponerse ropa floja y comoda (con zipper o botones delanteros) y zapatos o calcetines el dia de la cirugia. Piyamas son permisible. *Solo use ropa que tenga botones o zipper delantero!*

*Maquillaje y lentes de contacto NO deben ser usados el dia de su cirugia. Favor dejar joyas y pertenencias de valor en casa. Dentadura protetica (cajas) son permisibles, tan solo informe a la asistente o el doctor de ellas.

*NO deberia fumar antes ni despues de la cirugia hasta cuatro semanas para asegurar oxigenacion adecuada as los tegidos. Tambien deberia evitar humo de “Segunda Mano” durante el proceso de sanamiento.

***ES IMPERATIVO TENER ALGUIEN QUE PUEDA CONDUCIRLO/A, ESPERANDO EN LA SALA DE ESPERAS, PARA LLEVARLO/A A SU HOGAR Y CUIDAR DE UD. LA PRIMERA NOCHE.** *Arreglos de transporte deberian ser hechos antes del dia de su cirugia.*

*Favor traer sus preguntas y preocupaciones en cuanto a su consentimiento quirurgico el dia de su cirugia para hablarlas con el doctor.

*Si desarrollas un catarro, una fiebre, o infeccion antes de su cirugia, favor notificar nuestra oficina inmediatamente.

*Si tiene alguna pregunta no vacile en llamarnos al (909) 558-4423.

K. Call the office if:

- You experience excessive discomfort that you cannot control with your pain pills.
- You have bleeding that you cannot control by biting on gauze.
- You have increased swelling after the 3rd day following your surgery.
- You feel that you have a fever.
- You have any questions about your healing.

Oral & Maxillofacial Dept.:
(909) 558-4423

After office hours, the Medical Center operator will answer. If you have an urgent post-operative problem, ask the operator to have the doctor on call contact you.

Post-operative Instructions




LOMA LINDA UNIVERSITY

School of Dentistry

Oral/Maxillofacial Surgery Dept.

(909) 558-4423



Postoperative Instructions

A. Wound Care


- ✦ Bite firmly on gauze pack that has been placed for 30-60 minutes, then remove it gently.
- ✦ Do not smoke for at least 12 hours, because this will promote bleeding and interfere with healing.

B. Bleeding

- ✦ Some blood will ooze from the area of surgery and is normal. You may find a blood stain on your pillow in the morning, so it is advisable to use an old pillow case the first night.
- ✦ Do not spit or drink through a straw because this promotes bleeding.
- ✦ If bleeding begins again, place a small damp gauze pack directly over the tooth socket and bite firmly for 30 minutes.
- ✦ Keep your head elevated with several pillows or sit in a lounge chair.

C. Discomfort

- ✦ Some discomfort is normal after surgery. It can be controlled but not eliminated by taking the pain pills your doctor has prescribed.

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- ✦ Take your pain pills with a whole glass of water and with a small amount of food if the pills cause nausea.
 - ✦ Do not drive or drink alcohol if you take prescription pain pills.

D. Diet


- ✦ It is important to drink a large volume of fluids. Do not drink thick fluids through a straw because this may promote bleeding.
- ✦ Eat normal regular meals as soon as possible after surgery. Cold, soft food such as ice cream or yogurt maybe the most comfortable for the first day.

E. Oral Hygiene

- ✦ Do not rinse your mouth or brush your teeth for the first 12 hours after surgery.
- ✦ After that, rinse gently with warm salt water (1/2 teaspoon of salt in 8 oz. of warm water) every 4 hours while awake.
- ✦ Brush your teeth gently, but thoroughly. Avoid the area of surgery for 2 to 3 days.

F. Swelling

- ✦ Swelling after surgery is a normal body reaction. It reaches its maximum about 48 hours after surgery and usually lasts 4 to 6 days.

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- ✦ Applying ice packs over the area of surgery for the first 12 hours helps control swelling and may help the area to be more comfortable.

G. Rest

- ✦ Avoid strenuous activity for 3 days after your surgery.

H. Bruising

- ✦ You may experience some mild bruising in the area of your surgery. This is a normal response in some persons and should not be a cause for alarm.

I. Stiffness

- ✦ After surgery you may experience jaw muscle stiffness and limited opening of your mouth. This is normal and should improve in 5 to 10 days.

J. Stitches

- ✦ If stitches have been placed in the area of your surgery, you may need to have them removed in about 1 week. Your doctor will tell you if this is necessary.