



# TRI-COUNTY

## Oral Facial Surgeons, P.C.

### Pre-Operation Instructions

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If you are scheduled for surgery, please read the following instructions carefully prior to your surgery under general anesthesia:

1. Do NOT have food or drink (not even water) for at least six hours before the appointment time. Do NOT chew gum, Certs, or mints.
2. As an exception to item #1: If you take medication routinely, you should take it at your regular scheduled time with a sip of water.
3. Please wear a loose fitting short sleeve shirt the day of surgery and remove any nail polish. This facilitates placement and function of monitoring devices. Do not wear contact lenses. Please wear closed shoes.
4. A responsible adult MUST accompany you to the appointment and take you home. You may NOT drive yourself home. We recommend that your escort stay in our office during your procedure. It is suggested that someone remain with you for the next 4-6 hours upon your arrival at home.
5. Should you develop a cold or the flu, please notify our office 24 hours prior to surgery.
6. If you have any questions regarding the above instructions, please contact our office prior to your surgery.
7. Please arrive 10-15 minutes prior to scheduled appointment time.

### Post-Operation Instructions

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Instructions for your home care comfort following oral surgery

1. For the next 24 hours do not drink from a straw, do not spit, and do not rinse mouth.
2. Diet: Today, soft diet is best. For example: soups, eggs, mashed potatoes, casseroles, etc. You can advance your diet as tolerated over the next few days.
3. It is very important to keep your mouth clean to prevent infection. Tomorrow start brushing your teeth after every meal and at bedtime, and then rinse your mouth with ½ teaspoon of salt in 8 ounces of warm water. This rinse should also be used after meals and at bedtime for the next seven (7) days.

4. Following anesthesia or the use of pain and antibiotic medications, you may experience slight nausea. To prevent this, never take your medication on an empty stomach. If nauseated, avoid milk products for the next 24 hours. Take small sips of ginger ale until you feel better. Then you may start on applesauce and toast.
5. Bleeding: A certain amount of bleeding is to be expected. It is often possible to control mild oozing by placing folded, moist gauze over the area and biting down for 30 minutes. If bleeding continues, repeat.
6. Often, sutures (stitches) have been placed in the surgical site(s). These are usually the dissolvable kind and will come out or dissolve over the next few days.
7. Discomfort: You will experience some discomfort for a few days. If pain or swelling gets worse, please call our office. For mild pain, you may take two Advil or Tylenol. Otherwise, use the prescribed pain medication. If antibiotics are prescribed, take them as directed.
8. Return to our office for postoperative appointment, if one was given.
9. Please remember that our care does not end after your surgery. Our goal is to make your surgical experience as comfortable as possible. If you have any questions, please feel free to call us.

### Care of I.V. Area

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1. DO NOT use arm strenuously for 24 hours.
2. If bleeding occurs, raise arm and apply pressure.
3. If a bruise, pain, or swelling should develop within 2-4 hours, apply pressure (ace bandage) and ice.
4. Consult this office if condition worsens or does not show some improvement within one week.

**Thank you for your cooperation.**