



SD Oral, Facial, and Implant Surgery
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Pre-Operative Instructions

1. Steps to take prior to surgery to minimize the risk of infections:
 - Bathe prior to surgery with particular attention to cleansing your head and face.
 - Brush your teeth, floss, and rinse with a mouth wash.
 - Long hair should be tied back in a ponytail away from the face.
 - Do not wear make-up including but not limited to lipstick, false eyelashes, eyeliner, and mascara.
 - Do not wear long/dangling earrings.
 - If you have a beard or mustache, take extra time to shampoo and cleanse these areas as facial hair can be a nidus for infection.
 - Long mustaches should be trimmed off the upper lip.
2. **Take all regular prescription medications as prescribed unless instructed otherwise by your surgeon.**
3. If you received a prescription for post-operative medications from your surgeon at your consultation appointment, please fill the prescriptions prior to your procedure date and have them ready to take immediately after your surgery.
 - Due to FDA and DEA regulations, pharmacies will no longer accept prescriptions for narcotics that are phoned in or faxed by your surgeon. If your surgeon feels that you will benefit from narcotic pain medication, a prescription will be provided for you on the day of your procedure.
4. If you received a prescription for pre-operative antibiotics or anti-anxiety medications from your surgeon at your consultation appointment, please take the medications with a small sip of water 1-hour prior to your procedure appointment.
5. If you develop a cough, cold, chest or nasal congestion before your surgery, please call the office for further instructions.
6. **IV Sedation/General Anesthesia:**
 - If you are having intravenous sedation or general anesthesia, you cannot have anything to eat or drink (including water) for a minimum of **8 hours** prior to surgery, EXCEPT small sips of water to take prescribed medications. An empty stomach is very important for the safety of all patients under anesthesia. **Non-compliance will lead to the cancellation of your surgery and you will be subject to an additional fee.**
 - If you are having intravenous sedation or general anesthesia, you are required to have an escort who will drive you home at the end of the appointment. Your escort is encouraged to stay in the lobby for the duration of your surgery. **If your ride is not present when your surgery is finished you will be subject to an additional fee.** Our office cannot release a sedated patient to any taxi or rideshare companies (including Uber and Lyft).
 - **If you are under 18 years of age** you are required to have a parent or legal guardian present in the lobby for the duration of your surgery.
 - Remove all colored nail polish from your index finger nails - colored nail polish will prevent the oxygen monitor from functioning properly during your surgery.
 - Wear loose/comfortable clothing, a short-sleeved shirt for accessibility to upper arms, and flat closed-toe shoes.
 - Please remove contact lenses at home. If you require corrective lenses for normal vision, please bring them with you to your procedure.
 - Leave all valuable items including cell phones, wallets, jewelry, and purses at home or with your escort. We cannot be responsible for their safekeeping during your procedure.
 - DO NOT use Marijuana or any other THC-containing products for 7 days prior to having IV Sedation or general anesthesia. THC causes the medication used for anesthesia to be less effective and increases the risk for many post-operative complications including nausea, vomiting, excessive bleeding, high blood pressure, and elevated heart rate.
7. **Nitrous Oxide Sedation:**
 - If you are having nitrous oxide sedation (laughing gas), you cannot have anything to eat or drink (including water) for a minimum of **4 hours** prior to surgery, EXCEPT small sips of water to take prescribed medications.
 - You are **NOT** required to have a ride home from your surgery after administration of nitrous.
8. **Local Anesthesia:** If you are having local anesthesia, you do **NOT** need to fast for your appointment and you are **NOT** required to have a ride home from your surgery.

Prescriptions

_____ **Amoxicillin 500mg (with pre-med)** - This is an antibiotic

Take 4 tabs (2000 mg) 1 hour prior to surgery, then starting the next day take 1 tab three times a day with food (breakfast, lunch and dinner) for 7 days until gone.

_____ **Amoxicillin 500mg** - This is an antibiotic

Take 1 tab three times a day with food (breakfast, lunch and dinner) for 7 days until gone.

_____ **Clindamycin 150 mg or 300mg (with pre-med)** - This is an antibiotic

Take 4 tabs (1200 mg) 1 hour prior to surgery, then starting the next day take 1 tab four times a day with food (breakfast, lunch, dinner, bedtime) for 7 days until gone.

_____ **Clindamycin 150 mg or 300mg** - This is an antibiotic

Take 1 tab four times a day with food (breakfast, lunch, dinner, bedtime) for 7 days until gone.

_____ **Z-Pack (azithromycin 250mg)** - This is an antibiotic

Take as directed on package insert.

_____ **Peridex (chlorhexidine gluconate)** - This is an antimicrobial mouth rinse

Starting 24 hours after surgery gently swish with ½ capful twice per day for 90 seconds and gently spit. Do not use more than 1 week.

_____ **Ibuprofen 800mg (Motrin)** - This is non-narcotic pain medication/anti-inflammatory

Take 1 tab every 8 hours for the first 3-4 days and then as needed.

_____ **Ibuprofen 600mg (Motrin)** - This is non-narcotic pain medication/anti-inflammatory

Take 1 tab every 6 hours alternating with acetaminophen for the first 3-4 days and then as needed.

_____ **Acetaminophen (Tylenol 325mg)** This is non-narcotic pain medication

Take 1 tab every 6 hours alternating with ibuprofen for the first 3-4 days and then as needed.

_____ **Norco (acetaminophen/hydrocodone)** - This is a narcotic pain medication

Take 1-2 every 4-6 hours as needed for pain after surgery. Do not drive or operate machinery while taking this medication.

_____ **Percocet (acetaminophen/oxycodone)** - This is narcotic pain medication

Take 1 tab every 3-4 hours as needed for pain after surgery. Do not drive or operate machinery while taking this medication.

_____ **Medrol Dose pack (methylprednisolone dose pack)** - This is a steroid to help reduce swelling

Take as directed on package insert.

_____ **Valium (diazepam)** - This is an anti-anxiety medication

Take 1 tab the night before surgery. Take the second tab 1 hour prior to surgery. Do not drive or operate machinery while taking this medication.

_____ **Halcion (Triazolam)** - This is an anti-anxiety medication

Take tablet 1 hour prior to surgery. Do not drive or operate machinery while taking this medication.

Post-Op Plan – Instructions to help you prepare for after surgery

1. The first 3-5 days after surgery are the most difficult with the highest degree of swelling and pain. Please follow all post-operative instructions carefully to ensure the smoothest and fastest recovery.
2. Take the first pain pill before the local anesthetic (numbing) has fully worn off. **Do not take it on an empty stomach.**
3. Use an ice pack on you face/cheek adjacent to surgical site for the first 48 hours (20 minutes on 20 minutes off).
4. After 48 hours of icing, switch to a warm compress (moist warm towels, heating pads) 3 times per day.
5. It is important not to skip meals and stay hydrated! Have your house stocked with recommended post-surgery diet. Stick to cold soft foods you do not have to chew for the first 1-3 days (Ex: Smoothies, milkshakes, protein shakes, ice cream, pudding, Jello, yogurt, etc.). Over the next several days you can incorporate soft foods that require minimal amounts of chewing (ex. steamed rice, soft chicken, fish, chicken noodle soup, cooked vegetables etc.). Avoid foods that are spicy, hot (temperature), acidic (ex. orange juice, lemon juice), hard/crunchy (ex. chips, cereal), small/grainy (ex. rice, quinoa) until your mouth has healed.
6. Keeping your mouth clean after your surgery is important for preventing infections and promoting healing. After your surgery you may brush and floss your teeth like normal, taking care to avoid brushing directly over the surgical area.
7. 24 hours after surgery, start rinsing gently with provided prescription mouth-rinse (Peridex) twice per day for 1 week OR start using a warm salt water rinse 5 times per day for 1-2 weeks
8. **Do NOT smoke/vape or use a straw for 7 days after your surgery.**
9. **Avoid strenuous physical activity for the first 7-10 days after surgery (including heavy lifting, intense cardio, contact sports, swimming, surfing, etc.)**
10. You will be sent home with a packet of gauze for normal intermittent bleeding or oozing that will occur for the first 24-48 hours after surgery.