

Surgery Checklist

Our office wants to make your surgery as comfortable and convenient as possible. This checklist is a review of the surgery's complications, before and after surgery instructions as well as some basic office policy. The following is provided as reminders and review of what is presented at your initial consult appointment. If you have any questions at any time please call us so we can address your concerns in detail. *"Quality Starts With Caring"* has been our motto for years and we will continue to try to make this experience as positive as possible.

Preparing for your surgery visit: Pre-operative instructions

- ✓ Consent – If the patient is under the age of 18, a parent or legal guardian must be present. If a patient does not have medical legal powers over themselves, the legal guardian must be present.
- ✓ Diet – **If you are to be sedated (intravenous sedation or general anesthetic) for your surgery, DO NOT eat or drink for at least 6 hours prior to your surgery appointment.** You can take a sip of water to take your morning medications.
- ✓ Clothing – Wear loose, comfortable clothing with sleeves that can easily be rolled up. Two-piece clothing is preferred to allow placement of monitors. If you are to be given an intravenous anesthetic, tight sleeves can make this difficult. Please no slide on shoes, overalls, or dresses if being sedated.
- ✓ Transportation – If you are being sedated for your surgery or if your procedure is extensive you must arrange to have a responsible adult bring you and take you home following your surgery. This is for your safety.
- ✓ Medications – Please take your regularly prescribed medications unless directed not to by your oral surgeon or your physician. If you are being sedated you can take a small sip of water with your medications prior to the surgery. If you use an inhaler for any reason please bring it with you. If you take blood pressure medication, please take as directed. **Please ask if there is any doubt about which medications you should or should not take.**
- ✓ Personal Items – Please remove contact lenses prior to your surgery. Please remove all jewelry (to include tongue piercing) and removable dental appliances such as partials, dentures, and retainers.
- ✓ Food – You may want to buy soft foods, such as Jell-O, ice cream, pudding, yogurt, eggs, soft cereals, pancakes, mash potatoes, or pasta. It is ok to eat after your surgery but foods should not be warmer than room temperature and soft. **Initially start with clear fluids to help avoid nausea then advance your diet as you feel up to it. Drink plenty of water after your surgery.**
- ✓ Payment – Payment is due the day of surgery. We will make every attempt to work with your insurance company (Please see our Financial Information Sheet). If you have any questions or concerns please call us prior to your appointment so we have time to answer your concerns.

Post Surgery Instructions on other side

PLEASE CHECK OUT OUR WEBSITE: HILLCOUNTRYORALSURGERY.COM
for more detailed information about your surgery and recovery.

Post-operative Instructions (this may vary based of the type of surgery performed)

- ✓ **First Hour** – Bite down gently but firm on the gauze packs that have been placed directly over the surgical sites, making sure they remain in place for at least 45 minutes. Remove gauze if bleeding is controlled. If the area is still oozing then repeat using the gauze as necessary (typically every 30 to 45 minutes until the bleeding is controlled). It is best to slightly moisten the gauze with water to prevent sticking to the clot. You may use a slightly dampened tea bag wrapped in gauze if bleeding persists. You usually can remove the gauze within the first two hours following surgery. Expect on and off oozing for 24 hours. If bleeding seems to be uncontrolled or if you have concerns, please call the office for further instructions.
- ✓ **Swelling – Ice packs** applied to the face for 12 hours following surgery will help to reduce swelling and aid in comfort. Swelling is expected and may increase for the first 48 to 72 hours and then begin to subside. As your mouth heals, your jaw may be sore and may not open as wide as usual. This will improve slowly. Gentle opening and closing of the mouth can help exercise the jaws and restore normal movement. **After 24-36 hours, if there is significant swelling, please apply warm moist heat to the face.**
- ✓ **Food** – Initially start with drinking clear fluids to help prevent nausea. If fluids are tolerated well then advance to a soft diet slowly. A list of soft foods is provided on the reverse side of this handout. Drink plenty of water. **DO NOT** use straws initially because they may disturb the clot that is forming. **DO NOT** have hot liquids or foods initially to prevent burning of your lips which may still be numb from the local anesthesia. Small sips of carbonated sodas (ginger ale or 7 up) may help with nausea initially. **DO NOT** eat hard or sticky foods that might become lodge in the extraction site or fracture the weakened jawbone.
- ✓ **Hygiene** – Do not rinse your mouth vigorously until clotting is complete, although gentle rinsing with warm salt water is recommended to aid in healing. Salt water is mix with one teaspoon per 8 oz of water. Brush your teeth gently the first few days following surgery. **Please DO NOT SMOKE following surgery for 5 days**, this may increase the chance of infections and dry sockets.
- ✓ **Activities** – Please go home and rest the day of surgery. No vigorous exercise during the first 5 days. No contact sports for 6 weeks if extensive surgery with bone removal was performed. These procedures may weaken the jawbone and make the bone susceptible to a fracture.
- ✓ **Pain & Medications** – Unfortunately most oral surgery is accompanied by some degree of discomfort. Pain medication will be prescribed. Taking the first pill before the anesthetic has worn off will help manage the discomfort better. Nausea is a common side effect with anesthetics and pain pills. However, if you precede each pain pill with a small amount of food may reduce the chance of nausea. You may be given other prescriptions such as an antibiotic and anti-nausea medications that should be taken as directed.
- ✓ **Healing** – Your post-operative healing should be a gradual, steady improvement. It is our desire that your recovery be as smooth and comfortable as possible. If you have an increase in pain at the extraction site 3 or 4 days out from surgery, you may be developing a dry socket. Please call the office for instructions. The above information will assist you in your care. At anytime please call this office if you have any concerns or feel that your healing is not progressing as expected.

Review of known risk and complications – the following were discussed at your consult. If you have any questions, please ask us and we will review them with you.

Infection	Nerve Injury & Numbness	Dry Socket	Sinus Complications
Jaw Fracture	TMJ or Joint Pain	Muscle Stiffness	Injury to Adjacent Teeth
Swelling	Drug Reactions	Nausea	Root Fragments