



**JARED B. ANTROBUS D.D.S., INC.**

ORAL & MAXILLOFACIAL SURGEON

[www.rocklinoralsurgery.com](http://www.rocklinoralsurgery.com)

6000 Fairway Drive Suite 10, Rocklin CA 95677 - (916) 632-5809 - Fax (916) 632-5814

## PRE-OPERATIVE INSTRUCTIONS

PLEASE READ ALL INFORMATION CAREFULLY.

1. Your surgical appointment is for \_\_\_\_\_ If you are unable to keep your appointment, please give 48 hours notice so that another patient can be scheduled.
2. If you are to have INTRAVENOUS DEEP SEDATION / GENERAL ANESTHESIA you should have nothing to eat or drink for at least 6 hours before your appointment. If you take regular medication you may do so at this time with a small sip of water, unless instructed otherwise. Failure to heed these instructions can be life-threatening and your appointment will be cancelled.
3. If you are to have INTRAVENOUS DEEP SEDATION / GENERAL ANESTHESIA you must make arrangements for your transportation home. The person who will drive you should stay in the office and be available upon call when you are ready to leave. It is important for a responsible person to be with you at home after the procedure for the remainder of the day.
4. Please do not wear contact lenses. Wear comfortable clothing, short sleeves and flat shoes. Please use the restroom before surgery.
5. All post-operative care is without charge unless specifically indicated. You are urged to return for this care even if you are doing well.
6. If the office is closed and your contact with the doctor is urgent, he may be reached by dialing the office number and our answering service will locate him or the doctor on call for you.
7. Professional fees are due when treatment is rendered, unless other arrangements are made.
8. If you are under 18 years of age and not married, you must have written permission from your parent or legal guardian to undergo any surgical procedure.



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## POST-OPERATIVE INSTRUCTIONS

### GENERAL

1. Avoid smoking for at least 1 week and strenuous physical activity for at least 48 hours, more if instructed.
2. If you choose to smoke be sure to rinse your mouth with salt water immediately afterward.
3. Avoid alcoholic beverages, if taking prescription pain medication.
4. Depending upon the type of surgery and individual differences, overall recovery can vary from 1-14 days.
5. Be sure to read printed information given with prescription medication.

### MOUTH CARE (ORAL HYGIENE)

1. Avoid use of straws and heavy mouth rinsing for 24 hours after surgery.
2. Brush and floss teeth normally, except in areas where surgery was done.
3. After 24 hours, use warm salt water mouth rinses at least 6 times per day, more if desired. Use 1/8 teaspoon salt with 8 ounces of warm water.
4. If an irrigation syringe is given after surgery, begin to use after 72 hours, rinsing lower sockets with warm water or salt water.

### DIET

1. First 24 hours: non-chewing or very soft food diet focusing on high fluid intake.
2. After 24 hours: diet as tolerated; most people start with softer foods and progress to normal diet over the next few days.
3. If surgery was done on one side only, normal chewing can occur on unaffected side after 24 hours.
4. Avoid eating hard foods (candy, popcorn or nuts) for 1 month.



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## PAIN MANAGEMENT

Do not take pain medication on an empty stomach.

1. Take pain medication before local anesthetic (numbness) wears off.
2. For mild pain, take 1 or 2 regular strength acetaminophen (Tylenol) and/or 1-2 200 mg ibuprofen (Advil) every 4 hours.
3. For moderate or greater pain, take prescription pain medication, as directed. Be sure to read printed information provided with your prescription(s).

## SWELLING

Apply ice packs to face/jaws in areas where surgery was done. Apply 20 minutes on, 20 minutes off for first 24 hours.

1. If given a compression dressing, wear for 24 hours.
2. Elevate your head with a couple of pillows when sleeping or lying down.

## BLEEDING

Heavy bleeding is rare following oral surgery.

1. Light bleeding/oozing from surgical areas is normal for the first 24-48 hours.
2. Bite firmly on rolled-up gauze packing for 2-3 hours after procedure. Make sure packing is placed directly onto surgical site. Maintain pressure continuously while changing gauze every 30-45 minutes.
3. For troublesome bleeding, use moistened, regular/black tea bags instead of gauze packing.



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## FREQUENTLY ASKED QUESTIONS

**“It’s been 2 days and I’m a lot more swollen now than yesterday.”**

Swelling is a natural response of the body to trauma, including surgery. It usually doesn’t reach its peak until 2-3 days after surgery. It should gradually decrease thereafter. Bruising can last 10-14 days, if it occurs.

**“My stitches have fallen out or are loose.”**

This is normal. Absorbable (dissolving) stitches (sutures) are used in most cases.

**“I can’t open my mouth.”**

Particularly after wisdom tooth surgery, the jaw muscles become stiff and tender, causing restricted mouth opening. This is a normal response to surgery and should gradually return to normal in 7-14- days.

**“I have a ‘knot’ in my jaw.”**

After initial swelling goes away, there can be a residual hard lump which could take a week or two to go away.

**“I have ‘holes’ where my teeth were removed.”**

Many times, especially in lower back tooth extractions (including wisdom teeth), healing occurs by “secondary intention,” meaning from the bottom up. At your follow-up appointment, you will be shown how to keep those areas clean until the “holes” close.

**“The pain medication is making me sick.”**

Many pain medications, especially narcotics such as hydrocodone, oxycodone or codeine, can cause nausea in susceptible individuals. This side effect can be minimized by taking food prior to taking this pain medication. If nausea persists, stop taking the offending medication and switch to plain acetaminophen (Tylenol).



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## URGENT PROBLEMS REQUIRING IMMEDIATE ATTENTION –

**CALL 916-632-5809 AND ASK TO SPEAK TO DR. ANTROBUS, OR THE DOCTOR  
ON CALL.**

Nausea and vomiting that is persistent.

1. Heavy bleeding (rare), causing “filling” of mouth with blood.
2. Rapid increase in swelling accompanied by fever, redness of skin and increasing pain. Serious infections following oral surgery are rare, but do occasionally occur.
3. Allergic reactions such as rash, hives or swelling from medications. Severe allergic reactions are rare but do occasionally occur.

**This list is not all-inclusive. If in doubt, please call.**



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