



# THOMAS H. WILLIAMS, D.M.D., P.C.

## RESTORATIVE, COSMETIC, & IMPLANT DENTISTRY

5740 Carmichael Road, Montgomery, AL 36117

Phone (334) 277-9570 Fax (334) 277-0152

Email: office @ thwilliams.com

Website: [www.thwilliams.com](http://www.thwilliams.com)

### PRE-OP INSTRUCTIONS FOR SURGERY & SEDATION

Morning Surgery: Nothing to eat or drink after midnight the night before surgery.  
NPO, please arrive 30 prior to your appt. time, i.e. 7:30am for an 8:00am surgery.

1. You must be accompanied by a responsible adult to drive you home. Your driver must remain in the office during your entire stay. He or she will be given instructions for your post-operative care and should be able to stay with you for at least 4 hours at home for your protection and observation when on sedation medications.

Take any regular medications as you normally would (i.e. heart medication, blood pressure medication, hormones, etc.) If you are taking birth control pills, remember to use alternative protection while taking antibiotics. If you take medication or insulin for diabetes, please allow for lower blood sugar levels for the day of surgery. If any questions, check with your physician.

If you are taking blood thinner medication such as Coumadin or Plavix, you must consult with your Physician to stop these blood thinners before dental surgery.

If you take aspirin, Advil, Alieve, Ibuprofen or any anti-inflammatory NSAIDs daily, please discontinue taking these 10 days before surgery and then you may resume their use on the day following surgery.

2. No make up, nail polish, or contact lenses, please. Clothing should be loose and comfortable with a short sleeve shirt or blouse. No panty hose, stirrup pants, or boots. No jewelry or valuables should be worn or brought to the office on the day of surgery. We cannot be responsible for personal items.
3. You will need to have soft foods at home during your post surgery recovery; such as ice cream, jello, oatmeal, grits, soups, pudding, yogurt, apple sauce, cottage cheese, Glucerna, Boost, or Ensure, etc.

Additional

Instructions:

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If you have any questions, please give us a call before your appointment.  
Phone 334-277-9570





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### **POST-OP SURGERY INSTRUCTIONS**

#### **ANESTHETICS**

The length of time you experience numbness varies, depending on the type of anesthetic you've received (2-4 hours). While your mouth is numb you'll want to be careful **not to bite** your cheek, lip, or tongue, and avoid hot drinks and foods.

#### **BLEEDING:**

A small gauze pack is usually placed on the extraction or surgery site to limit bleeding and confine the blood while clotting takes place. This gauze pack should be left in place for 1-4 hours after you leave the office. Do not chew on the pack. There may be some bleeding or oozing after the pack is removed. If so, follow this procedure:

- Fold a piece of clean gauze into a pad thick enough to bite on. Dampen the pad and place it directly on the area.
- Apply moderate pressure by closing the teeth firmly for about 30 minutes. If the pad becomes soaked, replace it with a clean one as necessary.
- A slight amount of blood may leak at the extraction or surgery site until a clot forms. However, if heavy bleeding continues, call the office immediately or go to the Emergency Room. (Remember, though, a lot of saliva and a little blood can look like a lot of bleeding.
- If persistent bleeding or oozing occurs you may bite firmly on a moistened tea bag for 30 minutes (Tea contains tannic acid which helps the blood to clot).

#### **SWELLING AND PAIN**

Some swelling is expected following surgery. Most discomfort and pain can be controlled if pain medication is taken before the numbness and anesthetic wears off. Keeping an ice bag on the operated area for the first 24 hours following surgery will significantly decrease swelling and pain. You do not need to freeze the area, but just try to keep the area cool.

**FOR THE FIRST 24 HOURS DO NOT USE HEAT FOLLOWING SURGERY. HEAT INCREASES SWELLING AND PAIN, NO SMOKING, NO VIGOROUS RINSING, NO SPITTING, NO DRINKING OR SUCKING THROUGH A STRAW, NO ALCOHOLIC BEVERAGES, NO CARBONATED DRINKS, NO LISTERINE OR SCOPE TYPE MOUTHWASES, NO PEROXIDE RINSES.**

## HOW TO TAKE YOUR DENTAL PRESCRIPTION MEDICATIONS (the day of surgery)

[1] When you get home, it is best to eat some soft foods or drink a meal substitute such as Ensure or Glucerna (if you are a diabetic). Then take one of the following:

-Rx Hydrocodone Pain Pill (Norco or Percocet if prescribed)

-Rx Promethazine for Nausea (Phenergan)

-Rx Antibiotic (Amoxicillin or Clindamycin), then take as directed

[2] Three hours later take the Rx Ibuprofen 800 mg pain pill (same as 4 Advil's 200mg) (if you can take NSAIDs such as Advil, Aleve, etc) or you can take 2 Tylenol tablets

[3] You may alternate every 3 hours the Rx Ibuprofen and Rx Norco as need for pain  
Remember to take the Promethazine with the Norco pain pill to avoid nausea, this also helps you sleep

[4] Drink a minimum of 6 (8oz.) Glasses of liquids the first day, but avoid any soft drinks and carbonated beverages, No drinking with draws as this increases swelling. Unsweetened tea is good beverage choice.

[5] Do not take any blood thinners or aspirin for the first 3 days following surgery

[6] Always take any pain medicine with food (Ensure or Glucerna will do) to avoid nausea.

## ORAL HYGIENE

Avoid vigorous brushing the surgical areas with toothpaste for the first 2 weeks, but do brush gently twice a day with a soft warmed toothbrush with water, being careful not to dislodge or break any sutured gums loose from around your teeth. Also, don't forget to brush your tongue, which helps eliminate bad breath. After the first 2 weeks, you may resume normal brushing and flossing as directed.

## BONE SPLINTERS

It is not unusual following extractions and dental surgery for small bone splinters or particles to migrate up through the gums as the area heals and remodels. They usually will come out naturally, but in some cases we may need to remove them for you.

## DENTURES AND PARTIALS

In most cases, **patients should not remove their new dentures or partials until the next morning following surgery.** (Immediate dentures or partials act as a bandage and help keep swelling down.) Then gently remove your new teeth after each meal and at bedtime, rinse your mouth with warm salt water, and brush your remaining natural teeth, tongue, and any gums that are not near the surgical areas. Clean your dentures or partials with any antimicrobial hand soap and warm water, over a sink half full of water to prevent breakage in case of you drop them. Do Not Use Commercial Denture Soaks or Cleansers. Unless instructed otherwise, sleep in your temporary denture or partial for the first 2 weeks, then after the first 2 weeks, it is best not to sleep in dentures or partials. Remember to keep your dentures or partials in water when you are not wearing them (Do not let them dry out, they like moisture)

**In Case of an Emergency call the Office at 334-277-9570 or**

Go to the nearest Emergency Room if you are having serious medical conditions, complications, or bleeding.

