

PRE-MICROSURGICAL INSTRUCTIONS

BEFORE SURGERY: Please fill the prescriptions (generic is fine) for your microsurgery promptly. BRING ALL OF THE FILLED MEDICATIONS PRESCRIBED BY OUR OFFICE WITH YOU THE DAY OF YOUR APPOINTMENT. **DO NOT START TAKING THEM AHEAD OF TIME, UNLESS WE HAVE INSTRUCTED YOU TO DO SO.** We will start you on the medications here in the office unless you have been instructed to start certain medications before. Continue to take all of your regular medications (prescribed by your physician) as you usually do, unless otherwise instructed.

SPECIAL INSTRUCTIONS

ABOUT THE ANTIBIOTICS: To aid with faster healing, TAKE ALL PRESCRIBED ANTIBIOTICS AS WE HAVE DIRECTED. Since we prescribe antibiotics as preventive medicine, we are not as concerned with absorption rate as much as the comfort of your stomach. Therefore, we recommend taking them with food. If an upset stomach or yeast infection becomes a concern, we recommend that you eat an active culture of yogurt product. Please notify the office if there is an elevation in your temperature of 2 degrees or more above normal (98.6).

Name of your antibiotic is: _____

ABOUT THE ANTI-INFLAMMATORY MEDICATION: (Lodine/Etodolac and/or Prednisone) This has been prescribed to reduce swelling and increase pain tolerance. Take as directed. **We recommend taking the medication with food to avoid upset stomach.** If you are taking Lodine do not take any Ibuprofen, Advil, Motrin, etc. Tylenol is ok to take. If you were prescribed both Lodine and Prednisone, they may be taken together if you are experiencing a lot of swelling **Or, other anti-inflammatory: _____**

IF YOU HAVE BEEN PRESCRIBED A MOUTHWASH: Fill the prescription only if we recommend you use one after surgery. Some mouthwashes are only as needed, for example Peridex/Chlorhexidine.

ADDITIONAL PAIN MEDICATION: You may be somewhat uncomfortable, but should not experience severe pain during healing. In case you do experience breakthrough pain, we can supply you with a prescription for a stronger pain medication. If you are concerned that you may not have enough pain medication for the weekend or a holiday, please call the office before 3:00 pm on Friday. **DO NOT DRIVE WHILE TAKING THIS MEDICATION: _____**

IF YOU ARE BEING GIVEN A SEDATIVE FOR YOUR MICROSURGERY, you will need to arrange for someone to drive you to and from your appointment, as it is very important that you do not drive for 12 hours after taking this sedative. Your driver should be aware that you may need assistance into the house. Please be aware that your appointment may take longer than scheduled. Please make necessary arrangements with your driver ahead of time. We request a phone number of the person responsible to take you home so that we may call and notify them 30 minutes before completion of your appointment. **We suggest you review these instructions with your driver ahead of time.**

NO ALCOHOLIC BEVERAGES, CAFFEINE, OR GRAPEFRUIT JUICE, should be consumed 12 hours before your appointment and 12 hours after your appointment, as they can interact with your medication(s).

A SUBSTANTIAL SEGMENT OF TIME HAS BEEN SET ASIDE FOR YOUR APPOINTMENT. A 48-HOUR NOTICE OF CANCELLATION IS REQUESTED SO THAT WE MAY OFFER THIS OPEN TIME TO ANOTHER PATIENT.

THE DAY OF YOUR MICROSURGERY

EATING: Please eat a light meal before your appointment, to prevent stomach upset due to the medications. As another reminder no caffeine, grapefruit juice or alcohol should be consumed the day of surgery.

IF YOU WEAR REMOVABLE PARTIALS, DENTURES, ORTHODONTIC RETAINERS, NIGHT GUARDS, ATHLETIC MOUTH GUARDS etc. please bring these appliances with you to your appointment. Be prepared to possibly be without your appliances for 7-14 days. You will be given further instructions the day of your surgery.

You will not be able to stop at the front desk following your microsurgery – therefore, **PLEASE TAKE CARE OF ALL FINANCIAL ARRANGEMENTS AND MAKE YOUR POST-OPERATIVE APPOINTMENTS WHEN YOU ARRIVE AT THE OFFICE THE DAY OF YOUR SURGERY. IF YOU ARE TAKING YOUR SEDATIVE AT HOME, PLEASE WAIT COMFORTABLY IN YOUR VEHICLE WHEN YOU ARRIVE AT THE OFFICE.** YOUR DRIVER SHOULD COME TO THE FRONT DESK TO LET US KNOW THAT YOU HAVE ARRIVED AND TO MAKE ANY PREARRANGED PAYMENT FOR YOU, AND/OR SCHEDULE YOUR FIRST POST-OPERATIVE APPOINTMENT FOR YOU. **OUR STAFF WILL COME OUT TO GET YOU AND ASSIST YOU INTO THE OFFICE.**

POST-OPERATIVE INSTRUCTIONS

ABOUT THE SEDATION: When you go home from your procedure, you may be light-headed, sleepy, and forgetful or have impaired judgment for up to 12 hours after your surgery. PLEASE REST and take proper precautions - allow yourself time to recover from the sedation before you resume your usual activities. Normal physical activities may be resumed 12 hours after surgery. If your activity becomes too vigorous, you may cause unnecessary throbbing in your mouth.

TO REDUCE SWELLING: (FOR THE FIRST 24 HOURS ONLY) Apply an ice pack (a zip-lock bag filled with ice and wrapped in a towel) to the outside of your face in the area(s) treated – 15 minutes on – 15 minutes off. If more than one area is treated, alternate 15 minutes on one area, then 15 minutes on another area. You only need to do this while you are awake, and only up through the evening of your surgery. IF YOU STILL HAVE SWELLING THE NEXT MORNING, apply a warm moist compress to swollen areas – 15 minutes on – 15 minutes off – FOR NO MORE THAN 12 HOURS. This increases the blood circulation, which will in turn take away the fluids in the tissues that cause swelling.

A REDDISH SALIVA MAY APPEAR SHORTLY AFTER YOU RETURN HOME: - a small amount of this is normal. You may want to protect your pillows for the first several hours, while you are sleeping. DO NOT SPIT, for this may dislodge blood clots inside your mouth and cause bleeding to start. If bright red bleeding persists, moisten a tea bag (the acids help clot the bleeding) and hold it on the area, with pressure, for 15 minutes – this should stop the bleeding. **If the bleeding still persists, please call our office.**

AVOID ANY CHEWING AND HOT FOODS WHILE YOU ARE STILL NUMB: You could easily injure or burn the inside of your mouth. We suggest cold liquids or soft foods that do not require chewing during this time period. *After the numbness wears off*, we suggest that you stay on a soft or semi-soft food diet for the next day or two or until you feel comfortable enough. It is very important to maintain a healthy diet while in the healing stages for the best healing results.

THE AREAS WHICH WERE TREATED MAY BE COVERED WITH A PUTTY-LIKE PROTECTIVE MATERIAL: Try to keep these areas as immobile as possible. The putty was placed there for your comfort and will be removed at your next appointment. **If it falls out before your next appointment, just throw it away and begin to gently brush the area unless you have been instructed not to brush.**

FOR TISSUE GRAFTS: **Do not pull your lip out.** Cut up your food into small pieces. Do not bite in to anything, for example: an apple or sandwich. **Do not brush the area or floss until you see us at your next appointment.** Use warm salt water rinses and/or Peridex. Patients with tissue grafts for root coverage follow the above instructions except no brushing or flossing for five weeks, Q-tip with Peridex only.

EATING: You may eat soft food the day of the procedure and gradually to what you feel comfortable eating.

For LANAP patients: See Post LANAP Diet Instructions.

ORAL HYGIENE: You may brush lightly in areas without any periodontal dressing (pink putty) and/or use Listerine rinse. Once the putty falls out you may brush the areas lightly until your sutures are removed.

For LANAP patients: See Post LANAP Instructions regarding Oral Hygiene.

ACTIVITY: You may resume regular activities the next day. However, you should not drive if you are taking narcotics (pain medication).

If either of the following happens, please call the office:

- **After 2 to 3 days, you start experiencing earaches, ear ringing, headaches and/or jaw joint pain, popping or cracking.**
- **A cold-sore outbreak is not unusual; prescriptions are available to stop this painful, burning outbreak.**

SUMMARY: These instructions are designed to cover most normal occurrences following a micro-surgical procedure. If you feel something is not right with your post-operative healing, PLEASE call the office.

OFFICE HOURS: Monday – Thursday 8:00 am – 5:00 pm and Friday 8:00 am - 3:00 pm

OFFICE PHONE NUMBER: Bradenton: (941) 792-3899 Lakewood Ranch: (941) 351-3000

DR. EASTMAN'S HOME PHONE: (941) 749-1741

DR. EASTMAN'S CELL PHONE: (941) 920-0587

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