

**1. PRE-OPERATIVE INSTRUCTIONS AND PRESCRIPTIONS**

**MEDICATIONS:** Before surgery, please fill the prescriptions (generic is fine) for your microsurgery. 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 instructed 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:**  Take dosage of Halcion (Triazolam) 1 hour before surgery.  Start prescribed antibiotic one day before surgery.  
 Start prescribed steroid (Dexamethasone) the morning of your surgery.

**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:  Amoxicillin  Clindamycin  Metronidazole  Augmentin  Doxycycline  \_\_\_\_\_

**ANTI-INFLAMMATORY MEDICATION:** This has been prescribed to reduce swelling and increase pain tolerance. Take as directed and note that there are typically 2 refills of the Lodine / etodolac. We recommend taking the medication with food to avoid upset stomach.

- Name of your anti-inflammatory:  Lodine / etodolac (NSAID)  Dexamethasone (steroid)  \_\_\_\_\_

**PRESCRIBED MOUTHWASH:** In order for proper healing to take place, oral bacteria must be minimized. Since most surgical sites cannot be brushed or flossed for 10-14 days, we recommend use of an anti-septic mouth rinse twice daily, start rinsing day after surgery for 2 weeks unless otherwise instructed. Please minimize use of food and beverages with high staining properties such as coffee, tea, tobacco, red wine, blueberries, etc. as they can significantly increase staining of your teeth during use. If not prescribed an antiseptic mouthwash, please use a warm salt water rinse instead.

- Name of your anti-septic mouth rinse:  Peridex (chlorhexidine)  Paroex (alcohol-free chlorhexidine)  \_\_\_\_\_

**ADDITIONAL PAIN MEDICATION (optional):** The prescribed anti-inflammatories should manage any discomfort you experience post-surgery. You may refill your anti-inflammatory prescription if needed beyond 3 days. If you experience any pain beyond the control of the anti-inflammatories, you may take 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 Friday. Do not drive a vehicle while taking this medication!

- Name of your pain medication:  Norco (hydrocodone)  Tylenol #3  Hycet (hydrocodone for children)  \_\_\_\_\_

**MEDICATION SUMMARY:**

Antibiotic – Take every 8 hours, starting the day before surgery. (Example: 7:00 AM, 3:00 PM and 11:00 PM)

Sedative – Take 1 hour before surgical appointment time (If your appointment is at 8:00 AM, take the sedative at 7:00 AM)

Anti-inflammatory – Take every 8 hours, starting the day of surgery. (Example: 7:00 AM, 3:00 PM and 11:00 PM)

Antiseptic Mouthwash / Warm Salt Water Rinse – Use twice daily, after breakfast and before bedtime.

Pain killer – Take only if needed, as directed. (Optional)

**2. 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 being sedated. Please do not eat anything once you have taken the sedative.

**CLOTHING / ATTIRE:** Please wear loose non-restrictive clothing with short sleeves. You may bring your own iPod / cell phone with earbuds if desired.

**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.

### **3. POST-OPERATIVE INSTRUCTIONS**

**ABOUT THE SEDATION:** When you go home from your procedure, you may be light-headed, sleepy, and forgetful or have impaired judgement for up to 12 hours after your surgery. We recommend someone stay with you during this time. PLEASE REST and take proper precautions. Allow yourself time to recover from the sedation before you resume your usual activities.

**TO REDUCE SWELLING:** Apply an ice pack 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. **For the first 24 hours of recovery, we recommend you sleep with your head elevated to minimize swelling.**

**BLEEDING AND BLOOD CLOTS:** Red colored 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. Avoid forceful spitting, 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.**

**SURGICAL DRESSING:** 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. There is no need to be concerned as normal healing will continue either way. Contact us if it falls out within 5 days.

**REMOVABLE APPLIANCE:** If you wear a removable dental appliance (denture, partial denture, night guard, sports guard, retainer, etc), and it hurts the surgical area when placed, even if you have a slight discomfort, call the doctor IMMEDIATELY & DO NOT WEAR IT until you see us.

**AVOID ANY CHEWING AND HOT FOODS WHILE YOU ARE STILL NUMB:** You could easily injure or burn the inside of your mouth. We suggest cool liquids or soft foods that do not require chewing until the numbness wears off.

**SMOKING:** Smokers demonstrate a slower rate of wound healing and higher chance of infection compared to non-smokers. Smokers will also tend to experience more pain than nonsmokers and have a higher chance of failure on grafting procedures and dental implants. It is our recommendation that patients consider smoking cessation at least temporarily, if not altogether for optimum results.

**DIET:** It is very important to maintain a healthy diet while in the healing stages for the best healing results. You may eat soft foods for 2 weeks unless otherwise directed. No straws, no spitting. **(All grafting and Laser procedures – see other instructions)**

**BRUSHING:** No brushing or flossing the areas treated for 2 weeks unless otherwise directed. **(All grafting and Laser patients – see other instructions)**

**SPECIAL INSTRUCTIONS:** **Do not pull your lip out!** Cut up your food into small pieces. Do not bite into 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 mouthrinse.

- Tissue graft / Root coverage patients:** Please refer to specific tissue grafting instruction sheet.
- Sinus augmentation patients:** Please refer to specific sinus augmentation instruction sheet.
- Guided bone augmentation patients:** Please refer to the specific Guided Bone Augmentation sheet.
- LANAP / Laser-assisted surgery patients:** Please refer to the specific instructions for Laser Assisted Surgery.

**ACTIVITY:** You may resume regular activities the next day. No physical activity or exercise for at least a week unless otherwise directed. If your activity becomes too vigorous, you may cause throbbing in your mouth. Also, you should not drive if you are taking opioids (pain medication).

#### **CALL OUR OFFICE IF EITHER OF THE FOLLOWING HAPPENS:**

- **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.**

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. If the doctors are unavailable, please leave a detailed message so they can return your call.

If your temporary crown or bridge should fall off, and you cannot reach your dentist, you may call us on our emergency line.

**OFFICE HOURS:** Monday – Thursday 8:00 am – 5:00 pm and Friday 8:00 am - 3:00 pm  
**Bradenton Location:** (941) 792-3899 | **Lakewood Ranch Location:** (941) 351-3000

**DR. EASTMAN'S CELL PHONE:** (941) 920-0587 • **DR. CHRISTIE'S PHONE:** (352) 575-0483 • **DR. CRAIGHEAD'S PHONE:** (352) 448-1553