



Pre-Operative Instructions

LOCAL ANESTHESIA (*Numbing Only*)/ NITROUS OXIDE (*Laughing Gas+Local Anesthesia*)

- Please have a light meal before your procedure.
- Take all regular medications as prescribed, unless indicated by your surgeon.
- Take required pre-medication 1-hour prior to procedure, if indicated.
- You may drive yourself to/from your appointment.

IV SEDATION

- Nothing to eat or drink for 6 hours before surgery.
- Take essential medications with a small sip of water, 2-hours prior to procedure.
- Wear loose-fitting clothing, short-sleeved shirt, comfortable pants, sturdy shoes (NO flip-flops).
- No dark nail polish.
- Have hair pulled back.
- **Asthma:** Bring inhaler.
- **Diabetes:** Follow instructions closely, taking only medications indicated by your surgeon.
- You **CANNOT** drive yourself to/from the appointment, you **MUST** have an escort.
- Your escort must remain in the office for the duration of the procedure.
- No Uber, Lyft, or taxi services.
- Plan to rest for the remainder of the day, it is OK to resume normal activities the following day.

IMPORTANT

- Patients under 18 require parent/legal guardian present.
- Leave valuables at home.

Call/text the office with any questions before surgery (201) 477-2667.



Post-Operative Instructions

DAY OF SURGERY

- Slight bleeding from the surgical site is normal for the first 24-48 hours, possibly longer if taking blood thinning medications.
- If bleeding, apply gauze with pressure to the surgical site(s) for 30-60 minute intervals until no longer bleeding (Gauze will be PINK).
- Use ice packs 20-minutes on/20-minutes off for the first 48 hours to control swelling.
- Keep head elevated with an extra pillow for 48 hours.
- NO STRAWS for 1-2 weeks after surgery.
- Drink cold/room temperature fluids using a glass or bottle for 1-2 weeks after surgery.
- Eat soft, cold/room temperature foods for 1-2 weeks after surgery, avoid chewing directly on the surgical site(s).
- Do NOT rinse or brush for 24 hours.
- Mild fever and/or temporary numbness from local anesthesia may occur--let your surgeon know if these symptoms persist beyond 48 hours.
- Do NOT spit, smoke, or use straws for 2-weeks after surgery as it can cause various complications such as dry socket.

DAY AFTER SURGERY

- Resume normal activity, unless otherwise indicated (i.e. sinus surgery).
- Brush gently, avoiding surgical site(s).
- Rinse gently with warm salt water after meals, and Peridex in the morning/night to keep the site(s) clean.
- Resume routine medications unless otherwise indicated by your surgeon.
- Bruising, jaw stiffness.
- Continue soft diet and maintain hydration, advance diet as tolerated.
- Do NOT spit, smoke, or use straws for 2-weeks after surgery as it can cause various complications such as dry socket.

Swelling & Bleeding

- Swelling peaks 2-5 days after surgery.
- Ice for first 48 hours to control swelling, then use a warm compress 72 hours after surgery to help resolve swelling and bruising.
- Slight bleeding is normal for the first 24-48 hours. If bleeding continues, apply pressure with gauze or a damp tea bag for 30-60 minute intervals and sit upright.
- Contact the office immediately if you feel swelling/bleeding is abnormal.

Pain Management/Antibiotics *(If not allergic)*

- Ibuprofen every 6 hours.
- Tylenol every 4 hours.
- OK to take Ibuprofen/Tylenol together, or alternate between doses.
- Follow antibiotic and pain prescription instructions carefully and take medications as indicated, or they may be ineffective.
- Do NOT drive or operate machinery while taking prescribed opioid pain medication.
- If hives, rash, or severe diarrhea occur when taking antibiotics — stop taking the medication and call the office if symptoms persist or worsen.

Sutures

- Most dissolve in 5-7 day, your surgeon will indicate if you require removal.
- If removal is needed, it is quick and painless, 1-2 weeks after surgery.
- If a suture falls out or becomes loose, this is normal. It will fall out naturally.

Emergency coverage is available 24 hours a day, 7 days a week.