



SMILE KRAFTERS
WE'RE ALL HERE FOR YOU

ORAL SURGERY INSTRUCTIONS

1. Do not eat or drink after midnight prior to your appointment. **ABSOLUTELY NO water, NO liquids, NO food of any kind the day of your procedure. If you have anything to eat or drink you will be RESCHEDULED.** Eat a light, easily digested meal the night before the operation.
2. If you are currently taking medication by mouth, please ask if you can take the day of surgery.
3. Get plenty of rest the night before the operation. DO NOT drink any alcoholic beverages the night before procedure.
4. Arrange for a relative or friend to accompany you home after the operation, minors must be accompanied by a parent or legal guardian. **You must have a ride who is required to wait for you inside our office.**
5. Wear loose fitting clothing, short sleeved tee shirt. Do not wear heavy make-up, jewelry, or perfume on the day of the procedure.
6. **Do not operate a motor vehicle or machinery for 24 hours following general anesthesia.**
7. If you have small children at home please be aware that after general anesthesia you cannot bend down or pick up anything heavier than a gallon of milk for 48 hours, please make plans accordingly.
8. Personal hygiene is stressed due to antiseptic reasons.
9. Soft food diet after your operation: mashed potatoes, jell-o, pudding, etc... **PLEASE DO NOT USE A STRAW.**
10. You should expect a call from us within 2-3 weeks about the status of your approval. If you do not receive a call from us you may receive a letter in the mail from your insurance company, this letter will be your approval or denial. If you get the letter before we call you, please give us a call at 610-628-1228 to schedule your appointment. If you schedule your appointment and need to cancel for any reason we require a 48 hour notice of cancellation, or there will be a cancellation fee of \$75.00

For Women Only: if you are or might be, or are trying to become pregnant you should know that surgery and anesthesia can cause problems during early pregnancy and you should inform your doctor. Please consult with your family doctor if you wish to rule out pregnancy before surgery. Also if you are breast feeding, pump 3 days worth of milk. If you are given antibiotics after surgery, they may cause oral contraceptives to be less effective. You should use a second method of birth control during each cycle where antibiotics are used.

ANTOINE PANOSSIAN, D.M.D, M.D.

Oral and Maxillofacial Surgeon & Facial Cosmetic Surgeon

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CARE FOLLOWING REMOVAL OF IMPACTED TEETH / DENTAL EXTRACTIONS

Proper care of the mouth following most dental procedures can reduce complications and speed the healing of the surgical area.

1. **PROTECTION OF THE BLOOD CLOT**... maintain gentle pressure by biting on gauze sponge that has been placed over the surgical area, or by biting on a tea bag which has been gently moistened and wrapped in a piece of gauze. Keep firm steady pressure for 45 minutes. If bleeding persists please feel free to contact the office or answering service. You should be sure not to sleep with gauze in your mouth. Report any unusual discomfort, drainage, swelling, redness, or fever above 100 degrees F.
2. **DO NOT RINSE**...or use a mouthwash for at least 24 hours. After 24 hours, rinsing with warm salt water (1/2 teaspoon salt in 8 oz. of warm water) every 1-2 hours is recommended. (The use of commercial mouth washes during the healing period is not encouraged).
3. **DISCOMFORT**...following dental surgery is normal. If medication has been given or prescribed, take as directed.
4. **TOOTHBRUSH**...may be carefully used in the area of the mouth not involved by the surgical procedure. A clean mouth heals faster.
5. **EATING**...adequate nutritious food and fluid intake following surgery and/or general extractions is most important. A soft food diet is recommended for at least 24-48 hours following oral surgery. Examples are : Jell-o, pudding, mashed potatoes, soup, etc. avoidance of any extremes in temperatures or spicy food is also recommended.
6. **ACTIVITY**...rest for the first two post-operative days to minimize bleeding and swelling. Elevate head on a couple of pillows to further minimize swelling. If you have had impacted teeth removed, you should avoid all strenuous activities for one week. For routine extractions, two days of limited activity is plenty. Don't pick at the surgical area. Don't consume liquids through a straw. Avid alcoholic beverages and refrain from smoking until healing is well established.
7. **CONTROL OF SWELLING**...gently apply ice packs to areas for periods of 20 minutes on, 10 minutes off. This procedure should continue for the first 48 hours only.
8. **SUTURES**...if they were used, do not fail to return for their removal on the appointment date given.
9. **ADDITIONAL INSTRUCTIONS**...stretching of the corners of the mouth may results in the lips becoming dry, cracked or sore. If this occurs the lips should be kept moist with Vaseline or a similar ointment. Trismus or difficulty opening the mouth may be present for a few days (this is not unusual). If numbness of lip, chin, of tongue persists, it will most likely just be temporary and will go away on its own in a few days or weeks. If you develop server throbbing pain down deep in the jaw back near the ear 3 or 4 days after the tooth is removes, contact our office.
10. **MEDICATIONS AND ANESTHETICS**...patients receiving intravenous or nitrous oxide sedation should be accompanied home by a responsible adult after surgery. Medications, drugs, prescriptions and anesthetics may cause drowsiness and lack of awareness and coordination, which can be increased with the use of alcohol and other drugs; thus we advise that you do not operate any vehicle, automobile or hazardous device for 24 hours after your release from surgery or until further recovered from the effects of the anesthetic medications or drugs that may have been given to you in the office.
11. **ALLERGIC REACTIONS**...for generalized rash, itching, etc., call oral surgeon immediately at office or answering service.
12. **DO NOT HESITATE**...to call if any questions arise: **267-560-2526**
13. **PLEASE** return to the office one week after your surgery for a follow-up appointment.
14. **MEDICATIONS**...take all medications exactly according to the directions on the bottle.

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