

# Northeast, Camden & Orangeburg

**ORAL SURGERY  
& IMPLANT CENTERS**



# Patient Information Packet

**Thank you for choosing us for your oral  
surgery needs!**

**207 East DeKalb St  
Camden, SC 29020  
(p) 803-398-9900**

**9310 Two Notch Rd  
Columbia, SC 29229  
(p) 803-699-5900**

**1075 Cooke Rd  
Orangeburg, SC 29118  
(p) 803-534-5444**

# ◆ **REMINDER** ◆

## **WE WILL NOT BE ABLE TO DO YOUR SURGERY ON THE SCHEDULED DATE IF:**

- ◆ You have had anything to eat or drink (this includes water) after midnight the night before your surgery.
- ◆ You do not have a driver and vehicle available to you at all times during your visit. (Your escort must wait in the reception area with the vehicle on the premises while you are having your surgery.)
- ◆ You are a minor and have not had your consent form signed by a parent or legal guardian.
- ◆ You have not taken care of your financial arrangements with the front desk **PRIOR** to the surgery.

**Thank you in advance for helping us to make this experience as pleasant as possible.**

## PRE-SURGICAL INSTRUCTIONS

The following instructions should be followed to the best of your ability to assure a rapid and comfortable healing period after surgery.

### I. Prior to your surgery appointment:

- A. Many patients are apprehensive prior to their surgery. Try and get adequate sleep the night before your appointment. Be assured that if you undergo these procedures under general anesthesia you will be relaxed during the surgery.
- B. Avoid eating or drinking anything, including water or other liquids, for eight (8) hours before your appointment if you will be receiving general anesthesia (IVGA). Additionally, do not consume alcoholic beverages for 24 hours prior to sedation. For most surgical patients, we request that you **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT ON THE NIGHT BEFORE YOUR SURGERY.**
- C. **Do not take aspirin for five (5) days prior to your surgery.** You should not take ibuprofen type drugs (Motrin, Advil, etc.) for two days prior to your surgery. Talk to your doctor before stopping aspirin if you take it on a regular basis.
- D. Contact lenses must be removed prior to surgery. Please bring an appropriate container if worn to the office. Patient must be responsible for contact lenses.
- E. Do not wear eye make-up to your appointment as this will tend to come off during the surgery and can act as an irritant. Refrain from wearing **ANY** nail polish on finger nails including: (**clear polish, gel polish, and acrylic**) as this could hinder monitoring oxygen level during surgery.
- F. Wear a short sleeve, loose-fitting blouse or shirt as this will assist us in taking blood pressures, and utilization of a heart monitor.

### II. Patient responsibilities:

- A. You must have a responsible adult accompany you if you are undergoing general anesthesia (IVGA). Your escort **MUST STAY** in the office during the surgery and take you home afterward. Your escort cannot drop you off and leave the premises, as we cannot proceed with the surgery if your responsible party is not present throughout.
- B. Do not drive a vehicle, operate hazardous machinery or utilize any appliances which will require normal hand and eye coordination, as it will be impaired for 24 hours.
- C. Patients under the age of 18 **MUST** be accompanied to the office by parent or responsible guardian.
- D. You should plan for someone to stay with you after surgery. If you have children, please see that someone is home with you as you will be unable to supervise them properly. Defer any responsible or complicated task or decisions requiring fine judgment for the remainder of the day.

- E. For your convenience prepare small ice packs, (“snack size” zip-lock bags work well) to assist you in your post-operative care. Use of ice packs near the surgical area greatly reduces swelling.
- F. You should refrain from smoking for a minimum of at least seven days after surgery. Smoking is an extremely strong irritant and decreases blood supply to the healing area, thus greatly increasing your chance of post-operative infection as well as dry socket.
- G. Refrain from drinking any alcoholic beverages for 24 hours before and after your appointment. No alcoholic beverages should be consumed while taking narcotic pain medications post operatively.

### **III. What to expect post-operatively:**

- A. Most oral surgical procedures, such as wisdom tooth removal, require several days, possibly a week or longer, for total patient recovery.
- B. Following oral surgery, most patients can expect some swelling of the face. Bruising of the tissues is possible and difficulty opening the mouth widely may be experienced.
- C. If sutures are placed; they are usually the type that dissolves in 7-10 days.
- D. Anesthetic drugs as well as post-operative pain medications can cause some patients to become nauseated. If this occurs, limit your diet to a bland liquid diet for a day or so until the nausea subsides and ask the doctor to change your pain medications.

**Please call any of our offices if you have any questions:**

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## EXTRACTION POST-OPERATIVE INSTRUCTIONS

### What to Eat:

1. **For the 1st day only eat foods that are soft, cool, and creamy** like yogurt, pudding, JELLO, ice cream, milkshakes, and fruit smoothies (without seeds).
2. Starting on the 2<sup>nd</sup> day, you may eat warmer soft foods like scrambled eggs, mashed potatoes, soups, pasta, and soft vegetables.
3. Avoid fried foods, potato chips, peanuts, crunchy breads, cereals, popcorn, and rice for at least 7 days or until you are told it is OK by your surgeon.

### How to prevent a dry socket:

1. **DO NOT** spit or suck through a straw for 4 days.
2. **DO NOT** swish your mouth with water or any mouth wash for 4 days.
3. **DO NOT** pick or disturb the sockets or cut any stitches.
4. **DO NOT SMOKE OR USE TOBACCO FOR 7 DAYS.**

### Oral Hygiene:

1. Resume brushing your teeth the day after your surgery, but avoid brushing directly over the surgical sites
2. **IF prescribed a Peridex rinse**, start using it the day after surgery, BUT just hold it in your mouth and then let it fall out. **DO NOT** gargle, swish, or spit with it until the 5<sup>th</sup> day.
3. **Warm salt water rinses should be started on the 5<sup>th</sup> day after surgery** (1/4 teaspoon of salt may be added to a glass of warm water). **Use the syringe given to flush the bottom sockets** twice a day for 3 weeks or until the holes are closed.

### How to prevent swelling:

1. Keep the ice on your face during the first 2 days while you are awake.
2. Elevate your head with a pillow or rest in a recliner when you sleep for the first 3 days.
3. No vigorous physical exercise or strenuous activities for 5 days.

### How to control any bleeding you may have:

1. Take your gauze out 1 hour after you get home.
2. If the bleeding seems heavy, place a new fresh gauze over the site and sit straight upright in a chair and bite for 1 hour. If the bleeding has slowed you **DO NOT** need to replace gauze.
3. Remove the gauze before you go to sleep at night.
4. Do not replace the gauze after the first day.

### How to take your medicine:

1. Try not to take medicine on an empty stomach. Always try to eat something first.
2. If you were prescribed Motrin, take it as directed for the first 3 days and then as needed. This medication must be taken with or after meals.
3. If you were prescribed an antibiotic, take as directed, until completely finished.
4. Only take the narcotic pain medicine as needed for pain. This medicine can cause nausea and vomiting if taken continuously. We do recommend taking the pain medicine prior to going to sleep to get a good night's rest.
5. **NEVER** drive or operate any heavy machinery while taking any narcotic medication. **IT IS THE LAW.** You will be considered DUI should you drive a vehicle.

### Doctors Recommendations:

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## SUGGESTED FOODS FOR AFTER ORAL SURGERY



**Applesauce** – Cook apples till tender and blend or store bought. You can also try apricots and peaches.

**Bananas** – Mash up well and eat with yogurt or some milk.

**Avocado** – Mashed plain or mixed with your preference.

**Broth** – Chicken, beef or vegetable make a nice savory treat.

**Casseroles** – Soft and well-cooked casserole with plenty of liquid.

**Cheesecake** (soft) – At least you can enjoy yourself a little during recovery.

**Cottage Cheese** – Plain or mixed with veggies.

**Custard** – Make it fresh or buy already made.

**Eggs** – Scrambled or poached with some soft melted cheese.

**Fish** – Soft tuna or baked fish

**Ice Cream** – Or frozen yogurt in your favorite flavor. Just avoid any that contain seeds or nuts.

**Jelly/Jell-O** – Soft and easy to eat.

**Juice** – Fresh squeezed fruit/vegetable juice or vitamin based juice.

**Macaroni & Cheese** – Make sure it's well cooked and soft.

**Mashed Potato** – Make sure to blend or mash all the lumps out.

**Meatloaf or Meatballs** – Mashed up a little to avoid too much chewing.

**Noodles/Pasta** – Small or flat soft pasta that does not require much chewing or slurping.

**Oatmeal** – Mix in your favorite flavorings including honey, syrup or some mashed banana.

**Pudding** – Chocolate or fruit.

**Ramen Noodles** – A quick and easy noodle broth soup.

**Sherbet** – A great frozen treat to help relieve pain.

**Soup** – Tomato or pumpkin are tasty and easy to drink.

**Smoothies** – Mix up some fresh fruit, milk and ice cream in the blender.

**Spinach** – Creamed or mashed.

**Stew** – Veggie stews cooked for an extended period in a slow cooker will be soft and savory.

**Sweet Breads** – Like soft doughnuts, muffins or cupcakes.

**Tea** – The tannin in tea helps reduce bleeding. In the first few days have it iced or warm, not hot.

**Tofu** – Mash or cube it and mix with soy sauce or other flavoring.

**Vegetables** – Mash or blend pumpkin, potato, cauliflower or zucchini.

**Yogurt** – Avoid any that have seeds such as berry or passion fruit flavors.

### QUICK TIPS

1. Avoid eating sugary foods, and favor those that are healthy
2. Stock ingredients at home ahead of time.
3. Only use seedless fruit.
4. Green smoothies and soups will increase vegetable and fiber intake and help regulate digestion

### FOODS TO AVOID

1. seeds, which can get stuck in the wound and may cause infection
2. peppercorns and other spices with coarse remnants
3. spicy foods
4. chips and popcorn
5. other foods that require a lot of chewing

## BONE GRAFT POST-OPERATIVE INSTRUCTIONS

### What to Eat:

- **For the 1st day eat foods that are soft, cool, and creamy like yogurt, pudding, jello, ice cream, milkshakes, fruit smoothies.**
- Starting on the 2<sup>nd</sup> day, you may eat warmer soft foods like mashed potatoes, pasta, soups, scrambled eggs, or soft vegetables.
- Eat on the opposite side of the surgery if possible.
- Continue to eat soft foods and Avoid fried foods, potato chips, crunchy breads, cereals, and popcorn for at least 4 weeks or until you are told it is OK by your surgeon.

### How to protect your graft:

- **DO NOT: gargle, spit, or use a straw for 4 weeks after surgery**
- **DO NOT: pick or disturb the graft with a toothbrush, toothpick, or your tongue.**
- **Resume brushing your teeth the day after surgery, but DO NOT brush over the surgery site for 4 weeks.**
- **To AVOID spitting** you can dilute an alcohol-free mouthwash with water to brush your teeth (½ mouth wash and ½ water in a cup). This will clean your teeth and you do not have to rinse your mouth out afterwards
- **IF prescribed a Peridex rinse,** start using the day after surgery, BUT just hold it in your mouth and then let it fall out. **DO NOT GARGLE WITH IT.**
- **DO NOT** eat over the side of the graft for at least 2 weeks.
- **DO NOT** try to cut any hanging or loose stitches on your own.
- **DO NOT SMOKE OR USE ANY TOBACCO AT ANY TIME**
- **IF YOU HAVE A FLIPPER OR TEMPORARY APPLIANCE, it CANNOT touch your gums around the surgery site. Let your surgeon look at it prior to wearing it after surgery.**

### How to prevent swelling:

- Keep the ice on your face during the first 2 days while you are awake.
- Elevate your head with a pillow or rest in a recliner when you sleep for the first 3 days.
- No vigorous physical exercise or strenuous activities for 5 days.

### How to control any bleeding you may have:

- Take your gauze out 1 hour after you get home.
- If the bleeding seems heavy at any time, place a new fresh gauze over the site and sit straight upright in a chair and bite for 1 hour.
- Do not repeatedly take the gauze in and out of your mouth and **remove the gauze before you go to sleep.**
- Do not replace the gauze after the first day.

### How to take your medicine:

- Try not to take medicine on an empty stomach. Always try to eat something first.
- If you were prescribed Motrin, take it as directed for the first 3 days and then as needed. This medication must be taken with or after meals.
- If you were prescribed an antibiotic, take as directed, until completely finished.
- Only take the narcotic pain medicine as needed for pain. This medicine can cause nausea and vomiting if taken continuously. We do recommend taking the pain medicine prior to going to sleep to get a good night's rest.
- **NEVER** drive or operate any heavy machinery while taking any narcotic medication. **IT IS THE LAW.** You will be considered DUI should you drive a vehicle.

### Doctors Recommendations:

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