

# WILSHIRE SMILE STUDIO

dental group

6200 Wilshire Boulevard Suite #1609, Los Angeles, CA 90048 Tel. 323.937.5773 Fax 323.937.9502

## Pre-Operative Instructions

- Any health concerns require a medical release form and you need to provide us with your physician's information
- Medications: It is important to notify us of any medication that you are taking. This includes prescription medications, vitamins or supplements, and over-the-counter pain relievers. It is also vital that you inform us of any allergies that you may have or any prescriptions to which you are known to have an adverse reaction.
- If you are prescribed an antibiotic to take prior to your surgery, please take it as instructed and do not stop taking it until you complete the regimen.
- If you will be receiving sedation for your surgery, you will need to arrange for a ride home from our office. In addition, we do require that you had nothing by mouth at least 6 hours prior to your appointment

## Post-Operative Instructions For

### Discomfort:

- If you have been prescribed any narcotic pain medications (such as Vicodin, Coedine, Norco, Hydrocodone, Oxytocine, etc.), please be aware that these medications, while they are better in controlling pain, may make you drowsy. Please refrain from driving, operating heavy machinery, or making any important decisions while under the influence of the medication. These medications should also be taken with food.
- Please ice your face. Ten minutes on and then ten minutes off
- Take the prescribed pain medication for the first two days after the surgery even if you do not experience discomfort. It is *harder to stop pain when it starts.*

### To minimize the amount of swelling and bruising we recommend:

- Amica Montana 30C – Start taking Amica 5 days prior to surgery. Place 5 tablets under the tongue at least three times a day until it dissolves, continue to take 5 days after surgery.
- Bromelain 500mg – Start on the day of the surgery. Take 1 tablet twice a day for seven days.
- Turmeric 300 mg – Start on the day of the surgery. Take 1 tablet three times a day for seven days.
- Alternative prescriptions like steroids are by prescription only and has to be requested if needed

### Bleeding Prevention/In Case of Bleeding

- Rinsing or spitting on the first day should be avoided
- Smoking and drinking alcohol is not advised on the first week of surgery.
- Do not drink from a straw on the first day. Use a spoon
- No intense sports or activity; no lifting over 10 lbs.
- Your hands carry germs and any disruption in the site of surgery can cause complications/and or infection. Do not lift or pull on the lip to look at the surgery site. Do not manipulate the site of surgery (e.g. trimming your sutures)
- Slight oozing is expected on the first few days. A moist, regular tea bag applied to the area may help to stop the bleeding. Keep the tea bag in the area for at least 20 minutes. If bleeding persists, please call the office immediately.
- After a sinus lift, do not blow your nose to prevent the air from irritating the sinus; after a sinus lift is recommended to use a pillow for a few days and not lie flat after surgery; NO swimming or flying
- \*\*\*DO NOT use a waterpik or electric toothbrush until instructed.

### Eating

- Nutrition is important to the healing of surgery. Eat a well-balanced diet.
- Do not eat until the anesthetic wears off.
- Eat lukewarm and semi-solid food and stay away from salads, hot and spicy foods and meats. We encourage soft foods like eggs, soft bread and pasta

Brushing: Meticulous oral hygiene will promote faster healing and prevent potential infection: If provided use the red toothbrush to clean surgery site DressInc/Bone

Graft Material

- If the surgical area has been covered with a dressing, it is possible that either part or all of it might fall.
- It is expected that a little of the excess bone particles will work its way out of the site as it heals. If the sutures are loose and there are a lot of bone particles coming out, please call our office.
- Do not apply pressure with your tongue or fingers to the grafted area as the material is moveable