

WILSHIRE SMILE STUDIO

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Pre-Operative Instructions:

- Any health concerns require a medical release form, and you need to provide us with your physician's information.
- It is important to notify us of any medication 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 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 prescription.
- If you will be receiving IV or Oral sedation for your surgery, you will need to arrange for a ride home from our office.
- If you will be receiving IV sedation, we require that you do not eat for at least six hours prior to your appointment.

Post-Operative Instructions:

- If you have been prescribed any narcotic pain medications (such as Vicodin, Codeine, Norco, Hydrocodone, Oxycontin, etc.), please be aware that these medications, while they are effective at 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.

To minimize swelling and bruising, we recommend:

- Arnica Montana 30C: Start taking Arnica five days prior to surgery. Place five tablets under the tongue at least three times a day until they dissolve. Continue to take for five days after surgery.
- Bromelain 500mg: Start on the day of the surgery. Take one tablet twice a day for seven days.
- Turmeric 300 mg: Start on the day of the surgery. Take one tablet three times a day for seven days.
- Alternative medications like steroids are by prescription only and have 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 for the first week after surgery.
- Do not drink from a straw on the first day. Use a spoon.
- No intense sports or activity. No lifting over 10 lbs.
- Do not lift or pull on your lip/s to look at the surgery site. Do not manipulate the site of surgery (e.g. trimming your sutures). Your hands carry germs and may cause complications and/or infection.
- 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 air from irritating the sinus.
- Use a pillow for a few days and do not lie flat after surgery.
- No swimming or flying.

*****DO NOT use a Waterpik® or electric toothbrush until instructed.**

Eating

- Eat a well-balanced diet.
- Do not eat until the anesthetic wears off.
- Eat lukewarm and semi-solid foods. 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 a toothbrush to clean the surgery site.

Graft Material

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