



Instructions Pre & Post Operative Instructions for Teeth in a Day ("All on Cases") Surgery

Pre-Procedural Instructions for Oral Surgery

Please read PRIOR to your surgical procedure

1. **Clothing:** Please wear loose-fitting clothing to your sedation appointment. A short-sleeved shirt is recommended to allow for blood pressure measurement. Please avoid wearing sweatshirts with hoods, scarfs and hats as these could interfere with the procedure.
2. **Diet:** It is important to ensure you have eaten before your procedure to prevent any nausea or light-headedness. If your procedure requires nitrous oxide (laughing gas), do not eat or drink anything for 2- hours prior to your appointment.
3. **Medications:** Most patients can take their usual medications prior to surgery. Exceptions include,
Blood thinners, sedatives (e.g., Ativan/Lorazepam), and narcotics (e.g., Tylenol #3, Oxycodone, Tramadol, Hydromorphone, etc.).
Semaglutide (e.g. Ozempic, Wegovy) please stop this medication 1 week before surgery and restart it the day after surgery.
For diabetic patients, long-acting insulin should still be taken, but short-acting insulin should be held while you are not eating or drinking as usual.
4. **Drugs/substances:** Do NOT use any cannabis products, zin patches, vaping, or other recreational drugs for at least 48 hours prior to your appointment. Such drugs/substances may interact negatively with the procedure and may jeopardize your safety. Failure to abstain from such drugs/substances may result in cancellation of your appointment.
5. **Driver/Companion:** A responsible adult must accompany you to our office. The length of your appointment varies depending on the complexity of your procedure. It is recommended to have someone drive you home after your procedure. We do require an emergency contact on file if someone is needed at the end of your procedure.

If you have any questions concerning your surgical procedure or any of the above instructions, please discuss them with your dentist prior to treatment.

Phone: (519) 245-0751
Fax: (519) 245-0761
Email: info@caradocdentistry.com
www.caradocdentistry.com

HOURS

Monday: 8am - 5pm
Tuesday: 8am - 7pm
Wednesday: 8am - 5pm
Thursday: 8am - 5pm
Friday: 8am - 1pm



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Post-Procedural Instructions for Oral Surgery

Please read PRIOR to your surgical procedure

To minimize the risks for pain, infection, and other healing complications after oral surgery please follow these instructions:

1. **Oral hygiene:** Do not touch the surgical area(s) with your tongue or fingers. Do not brush or floss directly where stitches have been placed. Do not use a waterflosser (Waterpik) in the surgical area for at least 2 weeks after the procedure.
2. **Mouth rinsing:** Do not rinse your mouth on the same day as treatment. After 48-hours, saltwater rinse or a prescribed mouth rinse may be used. Do not “swish” saltwater around in your mouth, but let it gently fall out of your mouth after rinsing.
3. **Activity:** After removal of multiple teeth, or after a bone grafting procedure, refrain from any heavy lifting or strenuous activity (including exercise) for the first 7 days after surgery.
4. **Bleeding:** Avoid spitting and rinsing if bleeding persists. It is normal for saliva to be blood-streaked for a day or two after surgery. To stop bleeding, first wipe away any excess clot on the gums and then bite on gauze to apply continuous firm pressure for 20 minutes. Remove the gauze and repeat as necessary. If this does not stop the bleeding, you may instead bite down on a moistened tea bag. The tannic acid is an astringent which helps to form and stabilize a blood clot. Again, repeat as necessary.
5. **Pain:** Normally, pain begins on the evening of surgery and lasts for 2- to 3-days, becoming less noticeable with each passing day after that. A sore throat is also common due to suctioning of debris and secretions during the procedure. Some surgical site discomfort may persist for up to a week. Prescription pain medications are provided to make patients more comfortable. If pain is severe or unrelenting, contact our office at the number provided.
6. **Facial swelling:** This is a perfectly normal occurrence. The swelling generally peaks 2-3 days after surgery and can last up to 10-days. For the first 24-48 hours after surgery, use a cold compress (such as frozen peas wrapped in a washcloth) to each side of the face for 15-minutes on and 15-minutes off. From 48-hours onward, a warm compress (warm washcloth) should be applied 15-mins on, 15-min off to promote blood flow to the area(s).

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7. **Trismus (reduced mouth opening):** This is quite common due to post-operative swelling and inflammation in the muscles around the lower wisdom tooth sites. Trismus may last for 1- to 3-weeks and can be improved by gently moving the lower jaw through its natural range of motion (like stretching). If trismus persists or causes severe pain during opening of the jaw, call the office.
8. **Diet:** To protect the dental implants, you **MUST** adhere to a blended, non-chew diet for the first 4-months after surgery. Chewing foods before the 4-month mark would lead to failure of the implants. Please see second page for dietary examples.
9. **Straws and nose blowing:** Do **NOT** drink through a straw **OR** blow your nose until at least 3-weeks after your surgery. Simply wipe or dab your nose if it runs. This is done to reduce the chances of having a blood clot dislodged in the early healing period. It also reduces the chances of creating a hole between the maxillary sinuses and the mouth.
10. **Bad taste or odor:** This may be due to bacteria collecting on the surface of the stitches or blood clot(s). Use the prescribed oral rinse or make your own saltwater rinse as directed. Do not “swish”. Gently move the oral rinse or salt water around in the mouth. And gently let the rinse come out of your mouth into the sink without spitting.
11. **Stitches:** Non-dissolving stitches will be placed, and your dentist will have you back to remove them in 2 weeks.
12. **Dental prostheses:** The dental prostheses will be secured to the dental implants. If you notice any significant movement or breakage of one or both of the prostheses, immediately contact your surgeon. You should also stick to a blended diet until the prosthesis can be assessed and repaired to prevent overloading the healing dental implants.
13. **Sharp bone edges (pieces of socket bone):** When a tooth is removed, the thin socket bone often projects through the gingiva and may feel sharp to the touch. Most of these bony projections will smooth out as the bone remodels over 4 to 6 weeks. Other times, you may need to return to your surgeon to have minor bone smoothing (alveoplasty) performed. Do not hesitate to call the office for advice.
14. **Bruising of the skin:** May occur on the face, chin, or neck due to extractions or other oral surgery. Facial bruising will worsen over the first 48 to 72 hours after surgery and will then begin to drain downwards into the neck with gravity. The color will start as blue/black and will fade to a greenish/yellowish color over 1-2 weeks, then finally disappear. Older patients, patients with fair skin, or any patient taking a blood thinner will have more noticeable bruising.

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15. **Numbness, burning and/or tingling of the lip, chin, tongue, gingiva and/or teeth:** This may rarely occur for deeply impacted wisdom teeth lying close to the mandibular nerve. Any of such sensation changes normally resolve completely within 3 to 9 months. It is very uncommon to have permanent sensation changes. In any event, your dentist will assess your individual risk factors at the consultation appointment and will determine the appropriate course of action to reduce all risks.
16. **Sores or abrasions:** These may occasionally appear on the lips, tongue and/or corners of the mouth due to dryness or stretching of the tissues. Use petroleum jelly or lip balm for the first week following surgery to facilitate healing.
17. **Alcohol:** Avoid alcohol for the first 48 hours after the surgery.
18. **Smoking:** To decrease the chances for healing complications, do not smoke tobacco (cigarettes or cigars), cannabis, and do not vape for 7 days following surgery.

If you have any questions concerning your surgical procedure or any of the above instructions, please discuss them with your dentist prior to treatment.

If you have any concerns after your procedure, call our office immediately during business hours at (519)245-0751 or for after hours emergencies call or text (519) 381-2622.

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