

C	MEDICATION	DOSAGE (milligrams)	DAY 7 BEFORE SURGERY	DAY BEFORE SURGERY	DAY OF SURGERY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 14
1	<input type="checkbox"/> AMOXICILLIN	500 mg			2 tablets - 1 hour before						
	<input type="checkbox"/> IBUPROFEN	400 mg			1 tablet - 1 hour before						
2	<input type="checkbox"/> AMOXICILLIN	500 mg			2 tablets - 1 hour before 1 tablet - 6 hours later						
	<input type="checkbox"/> IBUPROFEN	400 mg			1 tablet - 1 hour before						
	<input type="checkbox"/> DECADRON	4 mg			1 tablet in the AM						
3	<input type="checkbox"/> AMOXICILLIN	500 mg			2 tablets - 1 hour before	1 tablet every 8 hours					
	<input type="checkbox"/> IBUPROFEN	400 mg			1 tablet - 1 hour before	1 tablet every 6 hours					
	<input type="checkbox"/> DECADRON	4 mg			2 tablets in the AM	2 tablets in the AM	1 tablet in the AM				
4	<input type="checkbox"/> AMOXICILLIN	500 mg			2 tablets - 1 hour before	1 tablet every 8 hours					
	<input type="checkbox"/> IBUPROFEN	400 mg			1 tablet - 1 hour before	1 tablet every 6 hours					
	<input type="checkbox"/> DECADRON	4 mg			2 tablets in the AM	2 tablets in the AM	1 tablet in the AM				
5	<input type="checkbox"/> AUGMENTIN	875/125 mg			1 tablet every 12 hours						
	<input type="checkbox"/> IBUPROFEN	400 mg			1 tablet - 1 hour before	1 tablet every 6 hours					
	<input type="checkbox"/> DECADRON	4 mg		2 tablets in the AM	2 tablets in the AM	1 tablet in the AM	1 tablet in the AM				
1-5	<input type="checkbox"/> CLORHEXIDINE	1/2 oz		C 4, 5	Rinse with 1/2 ounce for 30 seconds (2 - 3 times a day)						
ALTERNATE	<input type="checkbox"/> CEFTIN	500 mg			1 tablet every 12 hours						
	<input type="checkbox"/> LEVAQUIN	500 mg			1 tablet every 24 hours						
	<input type="checkbox"/> AVELOX	400 mg			1 tablet every 24 hours						
	<input type="checkbox"/> CEPHALEXIN	500 mg			2 tablets - 1 hour before	1 tablet every 6 - 8 hours					
	<input type="checkbox"/> CLEOCIN	300 mg			2 tablets - 1 hour before	1 tablet every 6 - 8 hours					
PCP	<input type="checkbox"/> ACETAMINOPHEN	500 mg			1 caplet - 1 hour before	1 - 2 caplet(s) every 6 hours for pain (as needed)					
	<input type="checkbox"/> ULTRAM	50 mg			1-2 tablets - every 4-6 hours	1 - 2 tablets every 4 - 6 hours for pain (as needed)					
	<input type="checkbox"/> VICOPROFEN	7.5/200 mg			1 tablet - every 6 hours	1 tablet every 6 hours for pain (as needed)					
	<input type="checkbox"/> VICODIN, ES, HP	5/300 (325) 7.5/300 (325) 10/300 (325)			1 tablet - every 6 hours	1 tablet every 6 hours for pain (as needed)					
SC	<input type="checkbox"/> ZYBAN/ Nicotine Patch	150 mg/ 14/21 mg		___/___/___ 1 tablet - every 12 hours	2 tablets - every 12 hours						

General Pre-Operative Instructions:

- Eat breakfast and lunch on the day of surgery.
- Take all medications as directed that you would normally use for other medical reasons. Be sure Dr. Kline is aware of all medications, Vitamins, and herbal supplements you have taken in the preceding two weeks.
- Discontinue taking Vitamin E, herbal supplements, diet preparations, or social drugs two weeks prior to surgery. Resume 48 hours after unless prohibited from doing so by your physician. If the latter situation arises, please inform Dr. Kline immediately.
- Patients taking antiplatelet and/or anticoagulant medications may be coordinated closely with your physician and Dr. Kline.
- Have all prescriptions filled. Take the medication before surgery as directed and bring them with you to your surgery appointment.
- When sedative drugs are used during surgery, you must have someone pick you up to drive you home and stay with you for several hours. The effect of the sedative drugs last 2-6 hours following surgery.
- Be sure to wear comfortable, open collared, short sleeve, loose clothing to the surgery appointment
 - DO NOT** wear jewelry around neck and ear.
 - DO NOT** wear nail polish or make-up.
 - DO NOT** wear high heels or elevated platform shoes.
- Do not ignore a head or chest cold when oral surgery is to be performed. Please call the office if you have any symptoms because we may have to cancel your appointment.

General Post-Operative Instructions:

Bleeding:

Slight bleeding after surgery is not unusual. Your saliva may be tinged with blood for up to twenty-four (24) hours. Gauze should be left in place over the surgical site for at least two (2) hours maintaining firm biting pressure. Note: Sinus bone graft patients may experience bleeding through the nose for up to 24 hours after surgery. A gauze pack will be placed over the site after surgery. Do not forcefully spit or irritate the surgical site. This may cause further bleeding. If the bleeding persists, it may be controlled with pressure.

Moisten a clean gauze and place directly over the surgery site. Apply moderate biting pressure for approximately ½ hour. Repeat if necessary.

Pain:

It is not uncommon to have discomfort and pain for the first few days after surgery. Take pain medications as needed. The first day it is recommended to take medication even with minimal pain as it is easier to prevent pain than decrease it. Pain medications are most effective when taken before local anesthesia diminishes and normal sensation returns. Do not take pain pills on an empty stomach. Narcotic pain medication such as codeine, oxycodone, or hydrocodone may cause nausea, vomiting, drowsiness, dizziness, itching or constipation. If these side effects occur, discontinue the medication. You may take an alternative over the counter pain medication as necessary or call our office for assistance. Note: Narcotics such as (Vicodin) can be supplemented with Ibuprofen (~600 mg) or extra strength Tylenol (500 mg) if added pain relief is needed.

Swelling:

After surgery, swelling around the mouth, cheeks, eyes, and side of face is very common. This is the body's normal reaction to surgery and eventual healing. Swelling usually will not become apparent until the day following surgery and will not reach its maximum until 2-3 days post-operatively. However, the swelling may be minimized by the immediate use of ice packs. Gently apply an ice pack to the outside of your face over the surgical site for twenty (20) minutes on, twenty (20) minutes off for the **first twenty-four (24) hours**. Prepare several cold packs by putting a damp wash cloth in small Zip lock freezer bags. These should be placed in your freezer for use following surgery. Poly-vinyl bags of frozen peas or corn work well also. Do not put the cold pack directly on your skin; wrap the cold pack in a slightly dampened towel. **After twenty-four (24) hours**, moist heat packs can be applied to the area, as ice will increase swelling. Sleeping with your head elevated above the level of the heart for the first two post-operative nights tends to lessen swelling.

Bruising:

Bruising is also very common after surgery. Bruising can be present over the surgical site and to the lower chin area. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal post-operative occurrence, which may occur 2-3 days post-operatively and last up to 14 days. Moist heat packs applied to the area may speed up the removal of the discoloration.

Nausea:

Nausea may result from anesthesia medications or the drugs prescribed for the pain. To minimize this possibility avoid taking any medications on an empty stomach. Take all medications with a small amount of food. If you feel nauseated or sick to your stomach do not take anything by mouth for at least an hour (including prescribed medication). You should then slowly sip on room temperature diluted ginger ale, 7UP, Coke, or tea every fifteen minutes until the nausea subsides. When the nausea subsides you can begin eating bland soft foods and take medications.

Diet:

After surgery, drink lots of clear cool liquids and eat **soft** nutritious foods. Do not drink alcohol or hot liquids. Be cautious until the anesthesia wears off as you have no feeling in the surrounding area and you may unknowingly injure yourself. Avoid spicy, salty, very hot, very cold foods or liquids. Avoid acidic foods such as tomatoes, orange juice, and citrus fruits until the surgical site has healed (2 weeks). Do not drink through a straw for at least 48 hours. Avoid foods that may cause trauma to the surgical site such as popcorn, chips, nuts, or shells. If you had surgery on only one side of your mouth, favor the other side while chewing for the first few days. Recommended food and drink:

Water, milk, juice, ice tea, iced coffee, electrolyte beverages.
Ice cream, milkshakes, smoothies, plain yogurt, pudding, Jell-O, pound cake
Scrambled eggs, cottage cheese, cheese, apple sauce
Macaroni and cheese, soft bread, mashed potatoes
Cooked cereals such as Oatmeal or Cream of Wheat
Home cooked broth, bouillon soups, chicken soup
Ground beef, baked or broiled fish, broiled or stewed chicken (finely chopped)
Nutriment, Ensure, Sego

Oral Hygiene:

Hygiene should not be neglected as an accumulation of food and debris may promote inflammation and/or infection. You may rinse and brush your teeth starting the day after surgery. Brush your teeth as usual in all untreated areas and rinse with warm salt water (1/2 teaspoon of salt in 12 oz. of water) after each meal beginning gently the night of surgery. Do not brush the surgical area. In the surgical area limit oral hygiene to gentle rinsing or swabbing with a Q-tip (cotton tip applicator) saturated with Chlorhexidine, started the following day after surgery, as a last oral hygiene procedure at bedtime and again in the morning, after eating and drinking.

Activity:

Limit strenuous activity for the first 2 – 3 days. This will reduce bleeding and minimize swelling. Strenuous work or exercise may promote bleeding and swelling which increases pain.

Fever:

After surgery it is normal for the body temperature to be slightly elevated for 24 hours. Please remember to drink sufficient amounts of clear liquids to keep your body hydrated. Please contact the office if there exists a high temperature or if a low-grade temperature persists after the first 24 hours.

Smoking/ Alcohol:

Smoking and alcohol delays healing and predisposes you to infection which can result in the failure of the implant or bone graft. Do not smoke or use alcohol until the incision line is completely healed (~2 weeks).

Sutures:

Sutures are placed in the area of surgery to minimize post-operative bleeding and to help healing. Sometimes they become dislodged; this is no cause for alarm. Just remove the suture from your mouth and discard it. The sutures do not dissolve and will be removed 10-14 days after your surgery at your post-op appointment.

Medications:

It is very important that you take all your prescribed medications from our office as prescribed. Each medication has a specific role in the post-operative period of your surgery. Discontinue the antibiotic medication if a rash develops, upset stomach or diarrhea persists. **Report this immediately to our office.**

Women please note: If you are currently taking Birth Control Pills, be aware that taking antibiotics will decrease the effectiveness of the Birth Control Pills and alternative methods should be utilized.

Wearing Your Prosthesis:

Partial dentures, flippers, or full dentures should not be used immediately after surgery until your post-operative appointment, unless specifically instructed otherwise. If you have a temporary "Essix" or "flipper" to wear, do not insert it until the numbness in the area is gone or instructed otherwise.. When it is inserted, it should not touch the gums in the area of the surgery. If it does, this may cause ulceration of the wound edges and breakdown of the suture margins. This can lead to loss of the implant or bone graft. If you have questions about the fit of your Essix, flipper, partial or complete denture, do not wear it until our office can see you.

❑ Additional Instructions for Bone Graft Surgery:

- Take medication as directed.
- **DO NOT** lift or pull on your lip to look at the surgical site or sutures (stitches). **DO NOT** probe the surgical area with your tongue, fingers or any objects. The stitches may loosen and the incision may open which can jeopardize and/or delay the healing of the bone graft.
- Avoid blowing up balloons and wind instruments.
- **DO NOT** wear or use any removable prosthesis.
- **DO NOT** rinse your mouth vigorously during the first 24 hours after surgery.
- Maintain a soft diet for the first 5 days after surgery and if possible, eat on the side of your mouth that did not have surgery.

NOTIFY THE OFFICE IF:

- You feel several granules of the bone graft in your mouth.**
- Your sutures (stitches) become untied.**
- You see something unusual sticking out of the tissue.**

❑ Additional Instructions for Sinus Surgery:

- Take medication as directed.
- Slight bleeding from the nose is not uncommon for up to 24 hours.
- Small granules in your mouth is not uncommon for up to 48 hours.
- **DO NOT** smoke or use smokeless tobacco.
- Wipe your nose or "sniff". **DO NOT** blow your nose for the next 4 weeks.
- If you feel a sneeze coming, don't try to stop it, just sneeze with your mouth open and avoid any unnecessary pressure build up in the sinus area.
- **DO NOT** take in liquids through a straw and do not forcefully spit.
- Avoid "bearing down" when lifting heavy objects.
- Avoid blowing up balloons and wind instruments.
- **DO NOT** lift or pull your lip to look at sutures (stitches).

NOTIFY THE OFFICE IF:

- You have significant bleeding through your nose.**
- You feel several granules of the bone graft in your nose.**