

Pre-Surgical Instructions

Wear comfortable clothes and stable shoes so you can walk out without tripping. Bring **headphones** and an iPod/walkman if you like. Ladies, realize we will scrub the area around your mouth with a surgical scrub and your make-up will be removed, so **do not wear make-up or jewelry or wear large hair accessories**. You will be fit to drive home if you have not been prescribed an anti-anxiety sleeping medication, but you may like to have someone drive you to the office on the day of your surgery.

Parents: You will not be allowed to stay in the treatment room with your child. This is because parent fears and worries can transfer to patients and make the patient fears worse! Also, our treatment rooms are pretty small....

Prescription Medications: We can no longer call in all your prescriptions in advance according to new laws, except for Halcion (see below) and liquid medications (see further in this section). So, you can either take them home at the end of surgery, or come in a day or two before your surgery to pick those up in advance. Let us know what you prefer. If you can't swallow tablets, we don't stock liquid medications in the office, so you will need to come in a few days in advance to pick up your prescriptions, or just pick up liquid forms of over the counter medications (Ibuprofen or Tylenol) from the grocery store the day before.

For Halcion or IV sedation: Your will need a driver, and your driver will be required to review and sign your Informed Consent form for you prior to surgery since you may be 'under the influence' and unable to sign any documents for yourself. This means they will need to be present for at least 40 minutes after you arrive before they can leave. Please realize that the sedation medications have an amnestic effect, meaning you may not remember much from your surgery, or several hours afterwards. That is why we have your driver there to hear instructions to help you remember what you need to do. Someone should stay with you after surgery for about 4 hours to prevent you from mistakenly performing activities you should not be participating in. Please also realize you may be sleeping most of the afternoon after your appointment when taking the sedative medications.

If you are taking Halcion (sleeping tablet) prior to surgery for anxiety, you will be given two tablets: one to take the night before to help you sleep well (but you do not need to take this if you feel relaxed the night before surgery), and one to take 60 minutes prior to the start of your surgery. You need to arrive 30 minutes prior to the start of your surgery for us to evaluate your level of sedation after having taken it one hour prior to surgery. If you are not sedated enough, we will give you a second tablet at that time, 30 minutes prior to the start of your surgery.

If you will have IV sedation, you must not eat or drink for 8 hours prior to your appointment. Wear a short sleeve shirt. Do not wear contact lenses. Have dry hair.

Please eat a small normal breakfast prior to your surgery (unless undergoing IV sedation above).

We recommend softer, nutritious foods for the first week after surgery (instant breakfast, yogurt, applesauce, cottage cheese, pastas, meat loaf, stews and hearty soups for example) and that you avoid hard or crunchy foods.

You may experience some swelling and bruising on the outside of your face. That is an unpleasant but possible side effect from the surgery. Swelling in particular can last for up to 3 weeks depending on your body's healing potential. Please have ibuprofen (or Advil) ready at home to take to reduce the amount of swelling and take it for the first 2-3 days even if you are not in pain or swollen. We also recommend that you use ice packs for the first two to three days (which we will review with you). Frozen peas also work well for a cold compress. For some surgeries, we may also prescribe additional medications to reduce this risk.

We recommend that you rest and reduce stress to improve healing. **Do not work the day of surgery.** On the second day, you can generally resume normal activities, but avoid heavy exercise and heavy lifting for at least two days. You should **plan not to travel out of town for the first week** or two, depending on when stitches are to be removed. Enjoy anything relaxing: gentle walking, music, meditation, prayer, etc to improve healing.

No Smoking: Smoking is one of the greatest causes of failure of any surgical procedure, particularly in the mouth. We recommend that you quit smoking altogether. However, at the very least, consider the use of a nicotine patch for a week prior to surgery, and a week after surgery, or significantly reducing your smoking as much as possible.

We will need to see you one to two week(s) after the surgery to confirm normal healing, remove any remaining stitches, and to explain to you how to care for your mouth. Post-surgical instructions will be reviewed in detail prior to surgery, and you will be given Dr. Nicoara's cell number to reach her after hours.

Contact Us

If you have any questions about your surgery, please don't hesitate to email us, or call us.