

Drs. Sugarman, Brunner, and Langston, LLC

Surgical Instructions

Pre-operative Instructions

The following instructions may be helpful when preparing for your upcoming surgery. Please do not hesitate to call if you have any last minute questions. We can be reached at (404) 352-3123 during regular business hours.

It may be important to stop taking Aspirin and non-steroidals such as Motrin and Advil, 7-10 days prior to your surgery. If you are taking Coumadin or another blood thinner, remember to discontinue them as directed by your medical doctor or our office. If you take antibiotic premedication, please take it as directed before your surgery. You will feel better if you have eaten prior to surgery. We encourage you to eat prior to your surgery. You may bring your iPod or MP3 player with you if you would like.

In order to evaluate your progress and healing, we will see you for a 10-12 day postoperative exam after surgery.

Antibiotics

Please alert the office to any allergies or sensitivities that you might have to antibiotics. You will be prescribed an antibiotic if our doctor determines it to be necessary.

Sedatives

If you elect to use one of the following oral sedatives you must have a ride to and from the office. Please bring your remaining tablets with you.

- Ativan (Lorazepam)
- Valium (Diazepam)
- Triazolam (Halcion)

Post-operative Instructions

These are some general post-surgical instructions. They are designed to help you minimize post-surgical discomfort and inform you of any situation that may require special attention.

Pain Medications

It is not unusual to have discomfort for at least the first week following your surgical procedure. You will be given a prescription for medication to help you tolerate the post-surgical recovery period. Please take your medications as directed. If necessary, you may take your pain medication every 4-6 hours to stay ahead of the soreness. It is advisable to not take pain medication on an empty stomach, as nausea may result. As an alternative to prescription medications, some patients have found taking a combination of over the counter Ibuprofen and Tylenol to be effective. You may take the combination in the following dosages: 3 Advil (200 mg each) and 1 Extra Strength Tylenol (500 mgs), every 4-6 hours as needed.

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Surgical Instructions

Note: When taking any prescribed medication containing Acetaminophen (Tylenol), i.e.; Percocet, Hydrocodone, Vicodin or Tylenol with Codeine, you should not take additional Tylenol so as not to exceed the safety level of Acetaminophen. Please contact the office with any questions you may have.

Antibiotics

An antibiotic may be prescribed following your surgical procedure. Take as directed until gone. It is advisable not to take these medications on an empty stomach, as nausea may result. For women taking birth control pills, be advised that antibiotics may interfere with their effectiveness.

Swelling

Swelling may occur following your surgical procedure and will typically increase 2-3 days after the procedure. To minimize the swelling, place an ice pack over the outside cheek area for 10 minutes on and 10 minutes off. Continue using ice for the 1st 24 hours following the procedure as often as possible.

Bleeding

A small amount of bleeding is normal. If excessive or continuous bleeding occurs:

- Do not rinse your mouth.
- Elevate your head when lying down.
- Apply moistened gauze to the immediate area with moderate pressure for 20 minutes, repeat if necessary.
- Moisten a tea bag and apply pressure for 20 minutes.
- Call the office if bleeding persists.

Sinus Precautions

Do NOT blow your nose for 3 weeks after the surgery, and if you must sneeze, do so with your mouth open. Restrict major physical activity and exercise for 4 to 5 days after the surgery. Keep your head elevated while sleeping, and avoid bending over and doing any heavy lifting for 3 weeks. A transient stuffiness or slight nose bleed can occur 1-2 days postoperatively.

Dressing

The dressing (which acts as a bandage) is used to protect the surgical site and help reduce discomfort. If the dressing comes off or is uncomfortable, please call the office for direction.

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Surgical Instructions

Diet

Until comfortable, avoid chewing on the side where surgery was completed. Avoid hot foods and liquids for approximately 24 hours following the surgery so as not to soften the dressing. A soft diet is recommended. Remember, adequate nutrition is essential for feeling better as well as for healing.

Smoking

Smoking after your surgical procedure will significantly slow healing and can compromise results.

Please refrain, if possible.

Alcohol

Do not drink alcohol while taking prescription pain medications.

Rinsing

Do not rinse for the first 24 hours. You may have also been given a prescription mouthwash that should be used twice daily.

Brushing

Do not brush or floss the surgical site if you had a gum graft. In general, floss and interproximal brushes should not be used until after the first post-surgical visit.

Suture Removal

If resorbable sutures were placed, they will generally dissolve in the first week. You may notice increased discomfort 3-4 days after the surgical procedure. As the tissues begin to heal, they may pull against the sutures and dressing. (You may choose to take some form of pain medication one hour prior to your suture removal appointment to minimize tenderness.) Sutures that are not dissolvable will be taken out by the doctor at your post-surgical follow-ups.

Contact Us

Should you have any questions or concerns during regular office hours, please do not hesitate to contact us at (404) 352-3123. You will be provided with your doctor's emergency contact information once your procedure have been completed.