

# Oral Surgery Center

## Pre-Operative Instructions



### **Pre-Surgical Precautions:**

If you are to have surgery, you must follow all these pre-surgical precautions! Failure to do so may result in your surgery being rescheduled for another day!

1. Wear loose fitting clothes. Preferably an old short sleeved shirt with a zippered or buttoning jacket on top.
2. Remove all jewelry.
3. If you wear removable dentures, retainers, or any other mouth gear, bring your case with you.
4. If you wear eye glasses please bring your case with you.
5. Bring all dental and medical insurance information with you.
6. If your general dentist has taken X-rays, you may bring them with you, but we may still take our own x-rays if needed. Insurance will NOT pay for a second X-ray to be taken.

### **If you are anticipating General Anesthesia or Oral Sedation you MUST:**

1. Not consume alcohol for 48 hours before surgery.
2. Remember to fast! This means nothing to eat 6 hours before your surgery for general anesthesia. However, you may have on 8 fl. Oz. glass of clear juice 2 hours before surgery. Necessary medications such as blood pressure medicine can be taken with juice or water 2 hours before surgery.
3. If you are having General Anesthesia in the afternoon, have an early morning breakfast.
4. Have a responsible escort come with and stay with you. If you are under 18, your parent or legal guardian must come with you.
5. Remove all nail polish from your fingers.
6. If you wear contact lenses, please remove them prior to arriving for your surgery.
7. If you develop a cold or illness before surgery, please call our office as soon as possible.
8. If you need to take your medicine, take it 2 hours before your surgery with water or clear juice.

### **Other Helpful Hints:**

- Unless indicated differently during your consultation, all pain medication, antibiotics, and prescription mouthwash are to be taken **after the surgery** only! However, antibiotics should also be taken prior to surgery as medicated.
- Our policy on cancellations requires a 24 hour notice. Appointment time is in high demand. We have a long list of patients waiting to be seen. They could have been seen if we have had enough time to make arrangements. Failure to do so will result in a cancellation fee of **\$50.00** If you are unsure about your condition, please call our office as soon as possible and together we will figure out the best way to handle your situation.
- Please remember that oral surgery may limit your diet and it may be necessary to go grocery shopping. As

far as liquid foods, we recommend ice-cream, yogurt, jello, pudding, smoothies, milkshakes, etc. As far as soft foods, get things like scrambled eggs, oatmeal, mashed potatoes, macaroni and cheese, spaghetti and meat sauce, canned peaches, etc. will do nicely. Frozen vegetables bags, or ice packs on the face may help in the healing process and keep swelling down afterwards.

- Be prepared to take time off from work/school. Oral surgery may require time away from normal duties. The doctor will advise how much time you may need off, and if necessary we can write you an excuse note. You will not be able to attend work or school after your surgery **that** day if you have had general anesthesia or oral sedation.
- You can brush your teeth before surgery.

Remember, if you have any questions about your surgery, please do not assume anything! Please take a moment to **contact** our office and speak to one of our dedicated staff members!

## **ANESTHESIA**

Every oral and maxillofacial surgeon has received formal anesthesia training with the department of anesthesia in the hospital. A surgeon must adhere to and practice strict guidelines regarding IV sedation, general anesthesia, and airway management and intubation techniques. The state of California monitors the administration of anesthesia in private offices to insure patient safety.

The method of anesthesia that is best for you will be determined by your surgeon.

- **Local anesthesia (example lidocaine)**  
is introduced by way of an injection into the surgical site. The local anesthetic numbs the area and allows your surgery to be performed with you awake.
- **Nitrous oxide and oxygen analgesia (Laughing gas)**  
is introduced by way of a nasal mask. The gas inhaled will put you in a more relaxed, euphoric state, but you are not asleep. Local anesthesia will also be given.
- **Intravenous sedation**  
induces a state whereby most patients become so relaxed that they fall asleep. This technique requires medication to be introduced through one of your veins (intravenously). A local anesthetic is also given after you fall to sleep.
- **General Anesthesia (Fully asleep)**  
is achieved upon the administration of medication intravenously. The medication actually puts you to sleep very deeply and keeps you asleep during surgery.

### **The following applies to minors:**

“The administration and monitoring of general anesthesia may vary depending on the type of procedure, the type of practitioner, the age and health of the patient and the setting in which anesthesia is provided. Risks may vary with each specific situation. You are encouraged to explore all the options available for your child’s anesthesia for his or her dental treatment, and consult with your dentist or pediatrician as needed.”