



### Preoperative Instructions for the Day of Surgery:

- \_\_\_\_\_ 1. **DO NOT EAT OR DRINK** for eight (8) hours prior to your appointment. The only exception to this is you may drink small amounts of water up to two (2) hours before your appointment. Please discuss any questions or requirements to take medications on the day of surgery with your provider.
- \_\_\_\_\_ 2. **ALL FEMALE PATIENTS:** Ensure that you are not pregnant. This can be done by taking a home pregnancy test, accounting for menstruation, or abstinence.
- \_\_\_\_\_ 3. **A responsible adult must arrive with you and stay in the clinic waiting area or vehicle for your entire appointment.** They may not drop you off and return to pick you up later. The escort is responsible for picking up your medication and getting you home.
- \_\_\_\_\_ 4. Wear loose fitting, comfortable athletic type clothing (short sleeves with sweatshirt) that allows for placement of monitors and an intravenous (IV) catheter (usually placed in your arm).
- \_\_\_\_\_ 5. You will not be able to operate a car or similar machinery on the day of your surgery.
- \_\_\_\_\_ 6. You cannot be left alone to care for small children on the day of your surgery.
- \_\_\_\_\_ 7. Refrain from drinking any alcoholic beverages for 24 hours following your surgery and during the duration of time you are taking postoperative narcotics for pain control.
- \_\_\_\_\_ 8. Do not excessively exert yourself physically on the day of surgery and for the week following surgery.
- \_\_\_\_\_ 9. Some patients may become nauseous and vomit following sedation and/or while using narcotic pain medications. Discuss any concerns or previous anesthesia/narcotic pain medication experience you have with your provider.
- \_\_\_\_\_ 10. Do not make any legal decisions post-surgery.
- \_\_\_\_\_ 11. Bleeding - significant bleeding is not common, but persistent oozing can be expected for several hours.
- \_\_\_\_\_ 12. Sharp ridges or bone splinters may form later at the edge of the socket. These usually require another surgery to smooth or remove.
- \_\_\_\_\_ 13. \_\_\_\_\_ Incomplete removal of tooth fragments - to avoid injury to vital structures such as nerves or sinus, sometimes small root tips may be left in place.
- \_\_\_\_\_ 14. Sinus involvement - the roots of upper back teeth are often close to the sinus and sometimes a piece of root can be displaced into the sinus, or an opening may occur into the mouth which may require additional care.
- \_\_\_\_\_ 15. Jaw fracture - while quite rare, it is possible to have difficult or deeply impacted teeth.
- \_\_\_\_\_ 16. Females only: I understand that if I am taking oral contraceptives, that any prescription of antibiotics given to me may interfere with the effectiveness of my birth control and that I should also utilize other means of birth control or abstinence during the time I am taking antibiotics.



Office: (910)518.9559

Dr. J. Patrick Arnold: (919) 675-2669.

### **Post-Surgical Extraction Care**

- Do not rinse or spit for 24 hours following surgery.
- Constant pressure should be kept on the gauze put in your mouth for one hour.
- After one-hour, new gauze does not need to be put in your mouth unless there is still a flow of bright red blood occurring. A small amount of oozing is normal for several days following surgery.
- It is a good idea to sleep with a towel or something over your pillow to prevent blood from staining your pillow.
- Do not smoke, drink carbonated beverages, or suck through a straw for one week.
- Take all the medications as directed. Do not drink alcohol while taking narcotics. Narcotics can cause drowsiness, dizziness, and altered alertness. **THIS MEDICATION IS NOT TO BE SHARED, SAVED, OR SOLD.**
- If you were given antibiotics take them until they are completely gone (Please note antibiotics may affect the effectiveness of birth control pills).
- Physical activity should be kept to a minimum for at least 48 hrs. You should avoid running and heavy exercise for a period of one week following surgery.
- It is recommended to start with softer foods first (soup, oatmeal, eggs, mashed potatoes, etc...). As you are able to eat those foods, you may try things that require more chewing.
- 48 hours after surgery, begin rinsing with prescribed mouth rinse. Do this two times a day. Care should be taken not to rinse very aggressively as this can cause the blood clot to come out.
- **For questions or concerns about your surgery please contact your Surgeon, Dr. J. Patrick Arnold, at (919) 675-2669.**

### **What to Expect**

- **Numbness** – The local anesthetic will begin to wear off within 2 to 6 hours following surgery. If numbness remains longer than 3 days after surgery, make a follow-up appointment with your surgeon to check the status.
- **Bleeding** - It is normal for blood to ooze or bleed occasionally for the first 24-48 hours following surgery.
- **Swelling** –The swelling will increase and remain constant up to the 3rd day following surgery, then it will start to decrease in size. Immediately following surgery, an ice pack may be applied

- to your face directly over the surgical site. The ice pack should remain in place for a period of 15 to 20 minutes, and then removed for 15 to 20 minutes. Heat, preferably moist heat, may be applied as needed after 24 hours.
- **Pain** – When the local anesthetic wears off, you will feel pain. Taking your medication prior to the dental anesthetic wearing off will lessen your post-operative discomfort. The pain following surgery will remain constant or could increase through the 3rd day following surgery. You should then begin to see a decrease in the levels of discomfort. If your level of pain continues to get worse after the 3rd day, you should come in to see the dentist as this could be a sign of an infection or dry socket.
  - **Bad breath** – your breath may smell bad for about 2 weeks while the gum closes over the holes. Any use of mouthwash or other mouth rinses should be done very gently to avoid pulling out the blood clot.
  - **Sutures** - If sutures were placed, they will normally dissolve between 3-5 days.

***Please report to the Emergency Department  
if you experience any of the following:***

- Rapid, exaggerated, painful swellings of the neck, face, or throat.
- Difficulty swallowing or breathing.
- Excessive bleeding that is uncontrolled with biting down on gauze.
- Rise in normal body temperature at or above 101 degrees
- Any adverse side effects to the prescribed medications such as rash, difficulty breathing, bloody stools, or hyper-excitability.