



Instructions Following Oral Surgery

1. If you are given a clear healing retainer in place that covers your teeth to protect the extraction site then, For the first 24 hours, keep this in place except to remove it and cleaning it with water and liquid antibacterial hand soap brushing with a soft toothbrush at bedtime. It is normal for blood to collect in tray throughout the day. Wear the healing retainer, to protect the surgical site at all times, until your scheduled post op appointment. Be advised that you may or may not have a white membrane over extraction site. This should stay in place until your post op appointment. Please do not attempt to remove it.
2. If you have been provided with Tooth & Gums Tonic Mouthwash and Ozone Olive Oil: The next day after your surgery until your post op visit you should remove the retainer twice a day, cleaning it with water and liquid antibacterial hand soap brushing with a soft tooth brush at bedtime. Rinse your mouth twice a day with Tooth & Gums Tonic, using 1/4-1/3 capful. (DO NOT SWISH) Apply Ozone Olive Oil into tray at extraction site and place healing retainer back into mouth. If you don't have a plastic tray, please use a clean Q-tip to dip into the jar and place oil on tip of tongue. Use your tongue to apply the oil to the surgical spot. Use a clean Q-tip every time.
4. Take your medication within ONE HOUR after treatment. Medication may be repeated as indicated on prescription label for discomfort. If prescribed, take post op antibiotics as directed by Dr. Coats. Pain medications may be prescribed to minimize or eliminate any post treatment discomfort. These may be taken as directed. Any other medications may be taken as directed.

Recommendation of post-operative medications is as follow: **TAKE MEDICATIONS EXACTLY AS PRESCRIBED ON BOTTLE AND COMPLETE ALL ANTIBIOTICS, IF PRESCRIBED.**

If you choose to refuse prescription pain medications, you will need to acknowledge that below. Arnica tablets are a great alternative. They are a homeopathic anti-inflammatory. You will have to ask the pharmacist for them, as they are kept behind the counter.

Patient that is refusing:

Print Name: _____ Sign Name: _____

5. Brush your teeth regularly the day following your surgery, being very careful around extraction site. Avoid peroxide, alcohol (including mouthwash with alcohol), carbonated beverages, smoking and vaping for at least 72 hours.
6. A nutritionally balanced diet is very important. During the first 24 hours, eat soups and soft foods, which are easily chewed and swallowed. Dietary supplements such as Instant Breakfasts, protein shakes or malts are good. Gradually progress to solid food. Don't skip meals. If you get nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster.
7. If you experience nausea, this is usually due to the medication being taken. Rest will usually help until the nausea is relieved. If nausea persists, call our office. (Be sure you are taking the medications with food)
8. Ice packs should be used to minimize swelling for the first 24 hours only. Thereafter, a heating pad or moist heat may be used to help decrease the swelling. When using cold or heat, apply for 20 to 30 minutes of each hour. Be advised that you may or may not have a white membrane over extraction site. This should stay in place until your post op appointment. Please do not attempt to remove it.
9. Patients should get plenty of rest the first 24 hours. There should be no outside activity for the remainder of the day. After that time, moderate activity may be resumed based upon the surgery and other post-treatment considerations. A small percentage of patients may feel tired after the first day. This is generally due to inadequate fluid and nourishment intake. No

operating machinery (cars, lawnmowers, etc.) or potentially dangerous toys (bicycles, scooters, etc.) for 24 hours. Additionally, no alcoholic beverages are to be consumed for at least 72 hours or while taking pain medicine.

10. If the patient is taking any prescribed medications (such as blood pressure, heart or seizure medications, etc.) these should be resumed on the normal schedule unless instructed otherwise.
11. Do not chew food before numbness wears away, you could bite yourself and not know it.
12. In addition to the general postoperative instructions, we would like to emphasize a few points.

Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by these. It's normal to have some of them come out of the graft site and into your mouth. There are some things you could do to minimize the amount of particles that become dislodged:

Do not vigorously rinse, swish or spit for 3-5 days. Gently ROLL the rinse around mouth.
Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing. Do not lift or pull on the lip to look at the sutures. This can actually cause damage to the wound site and tear the sutures. For the first day, we would suggest letting the blood clot stabilize and not even rinse your mouth. Following the first day, gentle rinsing would be advised but not too vigorously as you can again disturb some of the bone graft granules. If a partial denture or a flipper was placed in your mouth, you will probably have to see your restorative dentist to have it adjusted and learn how to remove and replace it appropriately.

POST ANESTHESIA INSTRUCTIONS

If you had sedation for your procedure, please see the following.

1. The patient should be in a lying position for the ride home. The patient should remain down (lying or reclining) for the remainder of the day; the only exception is to go to the restroom. The patient must have someone accompany him/her into the restroom in the event he/she feels dizzy or loses his balance. **Excessive motion (sitting up) may cause dizziness and/or nausea. If the patient feels dizzy or especially faint, have them lie down immediately.**
2. It is important to make the patient drink fluids **with calories** approximate every 30 minutes for the first three hours (if the patient is sleeping, he/she should be awakened at these intervals). Large amounts of fluids (especially those with substantial calories such as juice, soup, milkshakes, protein drinks, Slim Fast, Gatorade, etc.) are encouraged the first 48 hours, in addition to other food. Nausea occurs infrequently. If this does, keep the patient lying down, wait a short time (i.e. 15 minutes) and give more fluids. In some instances, soda (i.e. Sprite or 7-UP) may be given **if allowed by the dentist. If nausea persists, please contact me so appropriate management can be instituted. (Carbonated drinks are NOT allowed for 72 hours for surgical procedures)**

If at any time there are any questions or concerns, do not hesitate to call or text. Dr. Coats wants to make the patient's recovery as easy and quick as possible.

Dr. Becky Coats Cell phone: (817)944-5900

Patient Print: _____ Patient sign: _____

Witness: _____ Date: _____