



SURGERY INSTRUCTIONS

These instructions are designed for your comfort and protection. Failure to follow any of these instructions may require us to cancel your appointment for that day. Should any other circumstance develop that would require the postponement of your surgery, such as an illness (cold or flu), please notify us as early as possible.

If you are prescribed any pain medication that contains respiratory, cardiac or central depressants, like Lortab, Lorcet, Tylenol #3, Vicodin, and Percocet, please make sure that you DO NOT take any for 8 hours following the procedure.

Before surgical procedures WITHOUT sedation:

1. Be present 15 minutes before your scheduled sedation/surgery time.
2. Take any prescribed medications as indicated by your doctor, and if no sedation is performed be sure to eat a small meal prior to coming to your appointment.
3. If **no** sedation is being administered, you will be **OK** to drive yourself home. If you feel anxious about your appointment, it is beneficial to have a friend or family member come with you to your appointment.

For surgical procedures WITH IV sedation:

1. Be present 15 minutes before your scheduled sedation/surgery time.
2. **Do not eat or drink anything for the 8 hours prior to your anesthesia. It is okay to take your prescribed medications with a small amount of water (no additives). Do not drink alcohol the night before your procedure.**
3. Do not wear long sleeves, contact lenses, cosmetics, eye makeup, or perfume/cologne.
4. You must have a responsible adult drive you to your appointment. Your driver may remain at the office while the procedure is being done and the patient will be released to this person after the procedure is done. We **cannot** release the patient to a taxi driver or an Uber/Lyft driver.
5. You must not drive, operate machinery, make important decisions, or work for approximately 24 hours after your sedation. Arrangements should be made to have someone help care for you during this post-operative time.

For surgical procedures WITH oral sedation:

1. Be present 30 minutes before your scheduled sedation/surgery time.
2. Take any prescribed medications before surgery; eating a very light meal is okay.

3. You must have a responsible adult drive you to your appointment. Your driver may remain at the office while the procedure is being done, and the patient will be released to this person after the procedure is done. We **cannot** release the patient to a taxi driver or an Uber/Lyft driver.

4. You must not drive, operate machinery, make important decisions, or work for approximately 24 hours after your sedation. Arrangements should be made to have someone help care for you during this post-operative time.

Instructions following periodontal surgery:

1. When you arrive home, use a cold pack on your face next to the surgical area to help keep the swelling down. Wet washcloths frozen in a Ziploc bag are adequate. Keep the cold packs on for 10 minutes, and off for 10 minutes. Repeat this sequence for a few hours. In some cases Dr. Sweidan is going to ask you NOT to use cold packs, this will depend on the type of procedure. Cold packs are only beneficial for the first 24-48 hours after procedure, after that warm pads are preferred starting day 3.

2. Most patients will have some degree of swelling following a periodontal or implant surgery, and this will occur on days 2-3, and then will go down. If you feel the swelling is severe, or you feel that you have fever, please call our office. Warm packs are indicated 72 hours after the procedure to remove existing swelling.

3. You will have some discomfort in the area of the surgery. Please take any prescribed medications by your doctor as indicated. If you were given an antibiotic, steroids, or nasal decongestant, please take this entire prescription until it is gone. If, however, you develop a reaction to the antibiotic, please Contact Dr. Sweidan immediately.

4. **Do not attempt to brush or floss the area of the surgery. It is okay to brush and floss other areas of the mouth, but avoid the surgical area.** It is necessary to rinse two to three times throughout the day with warm salt water (starting the following day). Avoid over the counter mouth-rinse. Only use warm salt water, or any prescription mouth rinse Dr. Sweidan may prescribe.

5. Avoid smoking and alcoholic beverages for the first week. Both of these items interfere with healing and can cause additional postoperative problems.

6. Please limit your physical activities following surgery. Do not do anything strenuous for the first 2 to 3 days post-operative. You can begin to exercise lightly after the 3rd day. Try to take it easy and get plenty of rest on these days.

7. If you have sutures in place and you feel that one is loose, do not attempt to remove on your own. If the suture is too long and bothersome, you can clip the loose end without attempting to pull the suture out as this may cause loss of graft material.

8. If you have a dressing in place, please try to avoid touching this area and dislodging. If the dressing falls out prior to your post-operative appointment, simply throw it away.

9. It is common to have some slight oozing of blood mixed in your saliva for 24-48 hours following surgery. Wet gauze or damp tea-bags held with pressure on the surgical site for 10-15 minutes will usually control any bleeding. If you do see excessive bleeding or heavier amounts of bright red blood, please call our office.

10. Drink plenty of cool fluids in the first few days, such as water or fruit juice, but try to avoid sucking through a straw for the first 24-48 hours. Try to eat softer foods for the first week, and try to eat away from the surgical site. Avoid spicy foods, and tough foods that require a lot of chewing. If you feel that you are not getting enough nutrients, it is helpful to supplement your diet with a nutritional drink such as Ensure. Some suggestions are listed for food to eat during this post-operative time.

11. If you had sinus surgery or any surgery that resulted in maxillary sinus communications, you need to take nasal decongestants as prescribed, avoid blowing your nose, and sneeze with your mouth open. Minor bleeding from the nose for a few days after the procedure is very normal. Also, some of the graft material will be discharged through the nose.

12. If you feel like anything is out of the ordinary, or have any questions, please call our office or Dr. Sweidan on his cellphone after hours, we are here to help.

13: **Soft tissue augmentation and grafting procedures are the most delicate oral surgical procedures. Grafts CANNOT be disturbed while healing as they need to be immobilized to get blood, oxygen, and nutrients. Moving the lips; whether by pulling them away with the fingers or by exaggerated facial expressions, will result in graft failure. It is very important to leave the graft alone undisturbed. It does not matter if you only do it once; all it takes is once for the thin blood vessels to get severed or the sutures to get loose. WE CANNOT EMPHASIZE THIS ENOUGH.**

If you have difficulty breathing call 911 immediately!

Dr. Sweidan's cell phone number is (985) 273-9737.

Instructions for Diet Following Periodontal Surgery:

It is important that you maintain a nutritious diet during the weeks of healing. The patient who maintains a good diet of soft foods generally feels better, has less discomfort, and heals faster. The foods listed below are planned to provide the body with adequate vitamins and minerals. Avoid foods containing tomatoes, onions, peppers, or spices of any kind.

Suggested breakfast foods (blend if needed)

Apple or orange juice, milk, tea, and coffee. Stewed fruits, prunes or similar fruits should be well mashed or sieved, cooked cereals, such as oatmeal or cream of wheat. Eggs: soft boiled, scrambled, poached, or fried. Bread should be softened with gravy or vegetable juice. Toast, donuts softened in milk or coffee.



Suggested lunch and dinner foods

Home cooked broth, bouillon, soups. Ground beef, baked or broiled fish, or stewed foods finely chopped. Chicken noodle soup, macaroni and cheese, eggs as above, breads as above. Milkshakes or ice cream, Baked or whipped potatoes. Asparagus, peas, carrots, lima beans, string beans (all mashed). Cottage cheese, cream cheese, and cheese soup.

REMEMBER: You may eat any soft foods that are not irritating. You may chew if it is not too uncomfortable to do so. If you are experiencing difficulty in eating properly, the use of one of the commercially available dietary supplements (such as Instant Breakfast, Ensure, etc.) may be used, and the daily intake of a multivitamin is recommended.