

CLARK

oral & facial surgery

Pre-Surgery Instructions

1. For your safety, do **NOT EAT for 6 HOURS** prior to your surgery, including gum and hard candy. This requirement is to prevent complications during surgery. **FAILURE TO COMPLY WITH THIS REQUEST WILL RESULT IN HAVING TO RESCHEDULE YOUR SURGERY.** Patients who take medications daily may take them as scheduled with a sip of water unless directed otherwise.
 - a. Stay hydrated! You may drink water up to 2 hours prior to surgery.
 - b. **DO NOT DRINK ALCOHOL 24 Hrs PRIOR to or AFTER SUGERY.**
2. Aspirin and other anti-coagulant medications can cause bleeding after surgery. We will discuss this with you during your consult. Possibly, we will alter when you take these medications or even discontinue them for a short period time for your safety. This decision will be directed by the provider who prescribed them. Unless directed otherwise, take all medications with a sip of water.
3. Smoking will compromise healing and may cause respiratory problems during sedation. Please **DO NOT SMOKE** for the entire week prior to surgery. Not smoking for two weeks after surgery is also critical to ensure optimal healing.
4. Bathe or shower the morning of surgery, but **DO NOT** use any lotion or make-up on the face or hands. Please remove all nail polish and acrylic from finger nails.
5. Please arrive 15 minutes early to your scheduled surgery.
6. **All payments for surgery are due the day of surgery.** If you have made other arrangements prior to your surgery, please be prepared to pay the agreed upon amounts.
7. Wear clothing that is loose fitting and comfortable. We will need access to the entire left and right arms. **A t-shirt is preferred.**
8. If you are receiving general anesthesia (IV Sedation) you must have a driver. You will need a responsible adult who can remain in office during surgery to take you home afterward. **YOUR DRIVER WILL NOT BE ALLOWED TO LEAVE DURING THE DURATION OF SURGERY.** You will need to be under close observation for 6-8 hours. Plan on resting the entire day after surgery.

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POST-OP INSTRUCTIONS: TOOTH EXTRACTION

1. Pain Control:

- Ibuprofen (Motrin, Advil) will usually reduce pain in doses of 600mg every 6 hours. Set an alarm clock to stay on schedule for the first two days after surgery regardless of pain level. This approach will help you stay ahead of pain rather than reacting to pain as it occurs.
- Narcotics can be dangerous and you should not take any if you are planning to drive, sign legal documents, or otherwise function normally or safely. You should never mix narcotic medications with other sedative drugs including alcohol. Take only 1 tab every 4 hrs as needed.

2. Swelling: Keep pain down by managing swelling

- Rest: Avoid activity that will elevate your heart rate for the next 7 days.
- Ice: Apply an ice pack to the jaw for 20 min at a time for the next 3 days.
- Compression: A firm wrap around the jaws can help with swelling.
- Elevation: Keep your head elevated for the first 3 days while sleeping.

3. Diet:

- Liquid or soft-foods (scrambled eggs, pancakes, smoothies, oatmeal) for the first 7 days to avoid injuring the surgical site.
- Sufficient water intake: usually 6-8 cups of water daily.
- Liquid nutritional supplements such as protein shakes are encouraged to ensure sufficient nutrition while healing.
- Do not use a straw for up to 1 week after surgery.
- Resume your normal diet once you have been advised that your surgical site has healed.

4. Bleeding Control:

If there is a gauze pack you may remove this after 20 minutes. Slight bleeding is expected for up to three days after surgery. If bleeding is excessive, apply pressure with clean gauze for 30 minutes with firm biting pressure. If bleeding persists or becomes concerning call our after hours line and proceed to the closest ER immediately.

5. Nausea:

Drinking sufficient amounts of water is helpful to prevent nausea. Also, small amounts of carbonated drink (ginger ale) every hour for 5-6 hours may help. Follow this with mild tea or clear soup. If nausea continues, please contact our office as we may need to prescribe medication.

6. Oral Hygiene:

- If you smoke cigarettes or Vape, please stop for at least two weeks post op. Nicotine and other products associated with vape or cigarettes impair your ability to heal and increase the risk of infection.
- Gently rinse your mouth after meals with either warm salt water or Peridex prescription rinse: Gently coat mouth with liquid (no vigorous swishing) for 1 minute, and then gently spit out after each meal.
- Teeth should be brushed with a soft bristle brush, but avoid the site of surgery for the first three days after surgery.

7. Emergencies

- Life threatening emergencies include difficulty breathing, uncontrolled bleeding, cardiac or respiratory symptoms, and unconsciousness. Go to the closest ER and call our office line.
- After hours questions or concerns: 208-831-2900 (this number will call forward to a providers cell phone)
- For all non-emergent inquiries: frontdesk@clarkomfs.com

***Thank you for trusting our team with your care!
We wish you a fast recovery!***

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Post-Op Instructions: Tissue Biopsy

A pathology review of the tissue sample is important for establishing a diagnosis. Results may take up to two weeks to return. We will call you or see you in the clinic to discuss results as soon as results are available.

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- Narcotics can be dangerous and you should not take any if you are planning to drive, sign legal documents, or otherwise function normally or safely. You should never mix narcotic medications with other sedative drugs including alcohol. Take only 1 tab every 4 hrs as needed.

2. Swelling: Keep pain down by managing swelling

- Rest: Avoid activity that will elevate your heart rate for the next 7 days.
- Ice: Apply an ice pack to the jaw for 20 min at a time for the next 3 days.
- Compression: A firm wrap around the jaws can help with swelling.
- Elevation: Keep your head elevated for the first 3 days while sleeping.

3. Diet:

- Liquid or soft-foods (scrambled eggs, pancakes, smoothies, oatmeal) for the first 7 days to avoid injuring the surgical site.
- Sufficient water intake: usually 6-8 cups of water daily.
- Liquid nutritional supplements such as protein shakes are encouraged to ensure sufficient nutrition while healing. Resume your normal diet once you have been advised that your surgical site has healed.

4. Bleeding Control: If there is a gauze pack you may remove this after 20 minutes. Slight bleeding is expected for up to three days after surgery. If bleeding is excessive, apply pressure with clean gauze for 20 minutes. If bleeding persists or becomes concerning call our after hours line and proceed to the closest ER immediately.

5. Nausea: Drinking sufficient amounts of water is helpful to prevent nausea. Also, small amounts of carbonated drink (ginger ale) every hour for 5-6 hours may help. Follow this with mild tea or clear soup. If nausea continues, please contact our office as we may need to prescribe medication.

6. Oral Hygiene:

- If you smoke cigarettes or Vape, please stop for at least two weeks post op. Nicotine and other products associated with vape or cigarettes impair your ability to heal and increase the risk of infection.
- Gently rinse your mouth after meals with either warm salt water or Peridex prescription rinse: Gently coat mouth with liquid (no vigorous swishing) for 1 minute, and then gently spit out after each meal.
- Teeth should be brushed with a soft bristle brush, but avoid the site of surgery for the first three days after surgery.

7. Sutures:

- Sutures will generally remain for 1 week. They will likely unravel and dissolve within two weeks. If after two weeks the stitches still remain we can remove those in clinic.

8. Emergency

- Life Threatening emergencies include difficulty breathing, uncontrolled bleeding, cardiac or respiratory symptoms, and unconsciousness. *Go to the closest ER and call our office line.*
- *Regular office hours questions or concerns: 208-831-2900*
- *After hours questions or concerns: 208-831-2900 (this number will call forward to a providers cell phone)*
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Post-Op Instructions: Sinus Precautions

Sinus exposures increase the risk of temporary sinus congestion, infection, or development of a communication between the maxillary sinus and the mouth (Oral-Antral Fistula).

Practicing "sinus precautions" is the best way to prevent complications. Please adhere to the listed guidelines for at least two weeks.

- You will be prescribed the following medications:
 - 1) Afrin Nasal Spray (decongestant): twice a day for 3 days
 - 2) Ocean Nasal Spray (decongestant): use as often as required
 - 3) Sudafed (decongestant): twice daily for the first 7 days as needed
 - 4) Antibiotic: use as directed
- Avoid smoking tobacco or vaping
- Do not use a straw
- Do not forcefully blow your nose
- If you sneeze, keep your mouth open so as to keep sinus pressure down.
- Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.
- Do not rinse vigorously. Gentle salt water or presides rinse may be used.
- Avoid strenuous activity such as running, swimming, lifting. Increasing pressure in the sinus while physically exerting yourself can result in failure to heal.

Slight bleeding from the nose and bruising under the eye and cheek is not uncommon for several weeks after surgery. Please keep our office advised of any changes in your condition, especially if drainage or pain increases.

For after hours concerns please call 208-831-2900 or email frontdesk@clarkomfs.com

Post-Op Instructions: Dental Implant

1. Pain Control:

- Ibuprofen (Motrin, Advil) will usually reduce pain in doses of 600mg every 6 hours. Set an alarm clock to stay on schedule for the first two days after surgery regardless of pain level. This approach will help you stay ahead of pain rather than reacting to pain as it occurs.
- Narcotics can be dangerous and you should not take any if you are planning to drive, sign legal documents, or otherwise function normally or safely. You should never mix narcotic medications with other sedative drugs including alcohol. Take only 1 tab every 4 hrs as needed.

2. Swelling: Keep pain down by managing swelling

- Rest: Avoid activity that will elevate your heart rate for the next 7 days.
- Ice: Apply an ice pack to the jaw for 20 min at a time for the next 3 days.
- Compression: A firm wrap around the jaws can help with swelling.
- Elevation: Keep your head elevated for the first 3 days while sleeping.

3. Diet:

- Liquid or soft-foods (scrambled eggs, pancakes, smoothies, oatmeal) for the first 14 days to avoid injuring the surgical site.
- Sufficient water intake: usually 6-8 cups of water daily.
- Liquid nutritional supplements such as protein shakes are encouraged to ensure sufficient nutrition while healing.
- Resume your normal diet once you have been advised that your surgical site has healed.

4. Bleeding Control: If there is a gauze pack you may remove this after 20 minutes. Slight bleeding is expected for up to three days after surgery. If bleeding is excessive, apply pressure with clean gauze for 30 minutes. If bleeding persists or becomes concerning call our after hours line and proceed to the closest ER immediately.

5. Nausea: Drinking sufficient amounts of water is helpful to prevent nausea. Also, small amounts of carbonated drink (ginger ale) every hour for 5-6 hours may help. Follow this with mild tea or clear soup. If nausea continues, please contact our office as we may need to prescribe medication.

6. Oral Hygiene:

- If you smoke cigarettes or Vape, please stop for at least two weeks post op. Nicotine and other products associated with vape or cigarettes impair your ability to heal and increase the risk of infection.
- Gently rinse your mouth after meals with either warm salt water or Peridex prescription rinse: Gently coat mouth with liquid (no vigorous swishing) for 1 minute, and then gently spit out after each meal.

- Teeth should be brushed with a soft bristle brush, but avoid the site of surgery for the first three days after surgery.
- Antibiotic: Take as instructed. Usually a 7 day course is sufficient to protect against infection after an implant is placed. In some cases we may do 14 days.

7. Sutures:

- Sutures will generally remain for 1 week. They will likely unravel and dissolve within two weeks. If after two weeks the stitches still remain we can remove those in clinic.

8. Emergency

- Life Threatening emergencies include difficulty breathing, uncontrolled bleeding, cardiac or respiratory symptoms, and unconsciousness. *Go to the closest ER and call our office line.*
- *Regular office hours questions or concerns: 208-831-2900*
- *After hours questions or concerns: 208-831-2900 (this number will call forward to a providers cell phone)*
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Thank you for trusting our team with your care! We wish you a fast recovery!

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Post-Op Instructions: Incision and Drainage for Dental Abscess

1. Pain Control:

- Ibuprofen (Motrin, Advil) will usually reduce pain in doses of 600mg every 6 hours. Set an alarm clock to stay on schedule for the first two days after surgery regardless of pain level. This approach will help you stay ahead of pain rather than reacting to pain as it occurs.
- Narcotics can be dangerous and you should not take any if you are planning to drive, sign legal documents, or otherwise function normally or safely. You should never mix narcotic medications with other sedative drugs including alcohol. Take only 1 tab every 4 hrs as needed.

2. Swelling: To keep swelling down is to keep pain down!

- **Rest:** Avoid activity that will elevate your heart rate for the next 7 days.
- **Ice:** Apply an ice pack to the jaw for 20 min at a time for the first 24 hrs.
- **Compression:** A firm wrap around the jaws can help with swelling.
- **Elevation:** Keep your head elevated for the first 3 days while sleeping.
- Apply warm heat to the affected neck or skin after 48 hrs.

3. Diet:

- 5 days of liquid only diet is encouraged.
- Stay well hydrated with water. At least 1L daily is a good goal.
- Nutrition supplements may be required. Consider protein shakes and smoothies without seeds to keep protein intake high.
- After 5 days you may advance your diet to soft foods.

4. Drain Management: (If a drain was placed)

- Irrigate along the length of the drain as demonstrated by our staff three times daily with warm saline or Peridex, then gently spit out.
- The drain will be removed once swelling and pus has resolved (usually 3-5 days after incision and drainage)
- Avoid foods with seeds and particles.

5. Bleeding Control: Remove the gauze pack after 20 minutes. Slight bleeding is expected for up to three days after surgery. If bleeding is excessive, place a roll of sterile gauze or a moistened tea bag over the wound and bite firmly for 30 minutes with constant pressure. If bleeding persists or becomes concerning call Dr. Clark immediately and go to the closest ER.

6. Nausea: Take an anti-nausea medication if prescribed to you. A small amount of carbonated drink (ginger ale) every hour for 5-6 hours may help. Follow this with mild tea or clear soup. If nausea continues, please contact our office.

7. Oral Hygiene:

- If you smoke cigarettes or Vape, please stop for at least two weeks.
- Please brush all your teeth twice daily
- Rinse your mouth twice daily with the prescribed Peridex oral rinse or salt water as described above

8. Antibiotic: Antibiotics will be prescribed based on unique circumstances of the infection we have treated. Please take the specific antibiotic as instructed. If you do not have improvement after three days we may change antibiotics or additional surgery may be required.

Thank you for trusting our team with your care! Please call our office at 208-831-2900 for any after hrs concerns or questions. If there is an emergency please go to the closest ER and call our office line. Emergency situations would include: rapidly increasing swelling causing difficulty in breathing, swallowing or speaking. Excessive bleeding is also a concern.

We hope you have a fast recovery. Please let us know how we can assist you throughout your recovery process.

**208-831-2900
frontdesk@clarkomfs.com**

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Post-Op Instructions: Bone Graft

1. Pain Control:

- Ibuprofen (Motrin, Advil) will usually reduce pain in doses of 600mg every 6 hours. Set an alarm clock to stay on schedule for the first two days after surgery regardless of pain level. This approach will help you stay ahead of pain rather than reacting to pain as it occurs.
- Narcotics can be dangerous and you should not take any if you are planning to drive, sign legal documents, or otherwise function normally or safely. You should never mix narcotic medications with other sedative drugs including alcohol. Take only 1 tab every 4 hrs as needed.

2. Swelling: Keep pain down by managing swelling

- Rest: Avoid activity that will elevate your heart rate for the next 7 days.
- Ice: Apply an ice pack to the jaw for 20 min at a time for the next 3 days.
- Compression: A firm wrap around the jaws can help with swelling.
- Elevation: Keep your head elevated for the first 3 days while sleeping.

3. Diet:

- Liquid or soft-foods (scrambled eggs, pancakes, smoothies, oatmeal) for the first 14 days to avoid injuring the surgical site.
- Sufficient water intake: usually 6-8 cups of water daily.
- Liquid nutritional supplements such as protein shakes are encouraged to ensure sufficient nutrition while healing.
- Resume your normal diet once you have been advised that your surgical site has healed.

4. Bleeding Control: If there is a gauze pack you may remove this after 20 minutes. Slight bleeding is expected for up to three days after surgery. If bleeding is excessive, apply pressure with clean gauze for 30 minutes. If bleeding persists or becomes concerning call our after hours line and proceed to the closest ER immediately.

5. Nausea: Drinking sufficient amounts of water is helpful to prevent nausea. Also, small amounts of carbonated drink (ginger ale) every hour for 5-6 hours may help. Follow this with mild tea or clear soup. If nausea continues, please contact our office as we may need to prescribe medication.

6. Oral Hygiene:

- If you smoke cigarettes or Vape, please stop for at least two weeks post op. Nicotine and other products associated with vape or cigarettes impair your ability to heal and increase the risk of infection.
- Gently rinse your mouth after meals with either warm salt water or Peridex prescription rinse: Gently coat mouth with liquid (no vigorous swishing) for 1 minute, and then gently spit out after each meal.

- Teeth should be brushed with a soft bristle brush, but avoid the site of surgery for the first three days after surgery.
- Antibiotic: Take as instructed. Usually a 7 day course is sufficient to protect against infection after an implant is placed. In some cases we may do 14 days.

7. Sutures:

- Sutures will generally remain for 1 week. They will likely unravel and dissolve within two weeks. If after two weeks the stitches still remain we can remove those in clinic.

8. Membrane: We used a membrane to protect the bone graft. This membrane will incorporate into your own connective tissue and will not be removed. It is common for membranes to become exposed as your tissue heals. The exposed membrane will appear white or grey in color. Please do not try to removed this thin film that is protecting the underlying graft.

9. Emergency

- *After hours questions or concerns: 208-831-2900*
- *For all non-emergent inquiries: frontdesk@clarkomfs.com*

Thank you for trusting our team with your care! We wish you a fast recovery!