

# Preop Instructions - IV Moderate Sedation

Office Phone 916.899.5067 • ER Phone 916-905-0345

## • Food •

You must have absolutely no food for 6 hours prior to your surgery appointment. You can have clear fluids up to 2 hours before your sedation appointment (water, black coffee, apple juice, Gatorade). If you have an early morning appointment, **eat a good dinner and stay well hydrated the night before.** If you have a late morning/early afternoon appointment, wake up and eat something at 6 hours pre-sedation and stay well hydrated up to 2 hours pre-sedation. This will all help with placing the IV for sedation. If you are dehydrated and the IV cannot be placed, we will have to reschedule your appointment.

## • Daily Medications •

Medication that you take on a daily basis should be taken at the normal time with a few sips of water. Diuretics and hypoglycemic agents are the only exceptions to this, and they should not be taken the morning of your sedation appointment.

## • Dress •

On the day of surgery, **wear comfortable clothes — a short-sleeved shirt that does not tuck in.** We must be able to access your arms and waistline for blood pressure and heart rate monitoring. **Bring a small blanket for warmth. Do not wear contact lenses, jewelry or fingernail polish** (the pulse-ox reader needs to be able to read through the fingernail bed). Leave all valuables with your escort or at home.

## • Escort •

**Please check in 5 minutes prior to your scheduled appointment time. Your escort/driver will sign a release verifying they are driving you home and supervising you for 6 hours after sedation.** We prefer that your escort waits in our office during your appointment. If they need to grab a drink or drop off prescriptions, **they need to be back in our office within 20 minutes of when you are taken to the operatory.**

# Postop Instructions - IV Moderate Sedation

## • Escort •

Your escort must drive you home and supervise you for at least 6 hours after sedation. You will be able to walk and talk when you leave our office, but you will be very wobbly and somewhat disoriented. The escort should support you under the arm when getting up or walking.

## • Activity •

**No driving or intense physical activity for the remainder of the day after sedation.** You may sleep, but your escort should keep an eye on you. Being cold and dehydrated is normal. Use blankets and drink plenty of water.

**IF THERE ARE ANY COMPLICATIONS, PLEASE CALL OUR EMERGENCY NUMBER LISTED ABOVE.**

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- **Recovery •**

**Recovery period is between 5-7 days.** Day 3 can often be the worst for pain and swelling, so don't overdo it if you feel okay the first day or so after surgery. Most patients are back to school or work on day 4. For example, if you have surgery on Friday, you will probably be ready to go back to school Tuesday, possibly Monday. We can write you an excuse if needed.

- **Rest •**

When lying down during the first 24 hours, use two pillows or sleep in a recliner. Lying flat can cause more bleeding and swelling. **You should rest as much as possible for the first 48-72 hours.** No intense physical activity.

- **Gauze •**

We will send you home with extra gauze, but you might want to purchase a little extra ahead of time. **Bite on gauze firmly after surgery**, changing roughly every 20 minutes/once gauze gets saturated. **The main bleeding typically lasts 2-6 hours**, but don't be alarmed if it continues longer. You can expect slight oozing for up to 24-48 hours after surgery.

- **Ice Packs •**

**Apply ice packs to surgical areas for the first 48-72 hours after surgery and heat to the surgical areas days 3-5.** Frozen peas are good for icing and a damp rag heated in the microwave for a few minutes is good for heat. Apply ice/heat to sides of cheeks — 20 minutes on, 20 minutes off, as much as you can. This will help with the swelling and bruising.

- **Salt Water Rinses •**

**Do not rinse your mouth for 24 hours after surgery.** After 24 hours, **rinse with salt water approximately 10-15 times daily.** (1 cup of lukewarm water with 1 tsp salt.) **NO FORCEFUL SWISHING/SPITTING.** (This can cause the blood clot to become dislodged.) Pour the salt water into your mouth, tilt your head from side to side so it gets into all sockets, lean over sink and let water fall out. Do this for about 7 days.

- **Eating •**

**Stay on a liquid or soft foods diet for 5-7 days after surgery.** Focus on eating foods that do not require chewing and **do not use a straw.** Be sure to rinse gently after each meal (as directed above). Gradually return to a normal diet by day seven. Soft foods packed into the tooth socket will cause pain, pressure and infection. **(See List of Postop Foods.)**

- **Prescriptions •**

**We will have prescriptions printed for you on the day of surgery.** Your escort is welcome to drop them off at a pharmacy nearby, we just ask that they do not wait at the pharmacy for them. **Your escort needs to be back at our office within 20 minutes of when we take you into the operatory for surgery.** You will be numb several hours after surgery and have pain meds and anti-inflammatories in your system already from the sedation, so this gives you plenty of time to get the prescriptions filled.

- **Cleaning •**

We'll send you home with a plastic syringe on the day of surgery. **Start using this to clean out the sockets after eating on day 5** and continue until sockets are healed. We do not typically place stitches, so the socket will be open. Fill the syringe with salt water and place the tip right above the socket and flush out any food residue.

• **Dry Socket** •

Dry socket is a problem that can arise after wisdom tooth removal. It happens when the blood clot that first forms in the extraction socket is subsequently lost, leaving the socket empty or “dry” with exposed bone and nerve. The pain from a dry socket can be felt in the jaw, ear and temple. You will more than likely be able to tell if you have a dry socket — pain that increases three days after tooth extractions and that typically becomes severe and unrelenting is the best sign of dry socket. If you experience this type of pain, call the **emergency number: 916-905-0345**. If you stick to these postop instructions and rest you should be fine. Biggest things to avoid dry socket:

- NO SMOKING 7-10 DAYS AFTER SURGERY**
- LIQUID/SOFT FOODS DIET**
- TAKE PAIN MEDS AS DIRECTED**
- REST 2-3 DAYS AFTER SURGERY**
- NO INTENSE PHYSICAL ACTIVITY 7 DAYS**

• **Solutions for Common Problems Following Surgery** •

**Bleeding Will Not Stop**

Be sure that gauze, towels or something absorbent is placed over the surgical site and bite down firmly. Maintain for 15 minutes, change gauze and repeat. If continuous bleeding does not stop within 2 hours, please call the emergency number.

**Uncontrolled Pain**

Wisdom tooth removal is a complex surgery involving skin, muscle, bone and nerves. Postoperative pain and discomfort are normal and part of recovery. Your pain medication will help relieve pain. Use it as directed. Please take your pain meds as indicated and get plenty of rest. If pain spikes *after* day three, please call the emergency number.

**Vomiting**

Unfortunately, vomiting can be a side effect of IV anesthesia and more likely a side effect of the narcotic medication prescribed to you for pain. However, it does very little to harm the surgical site. Vomiting will normally cause the sockets to begin to bleed. Gently rinse your mouth and follow the instruction noted above under Bleeding Will Not Stop.

• **List of Postop Foods** •

Day 1-3	Liquid/Mashed/Cream
<b>Protein</b>	
Protein Shake	No straw
Chocolate Milk	No straw
Refried Beans	Not too hot
Cream of Chicken Soup	No sipping/slurping
<b>Fruit &amp; Veg</b>	
Smoothie	No seeds, no straw
Avocado	Mashed up
Mashed Potatoes	No fruit seeds/bits
Apple Sauce	
V8	No straw
Squash	
Cream of Broccoli Soup	No sipping/slurping
<b>Other</b>	
Yogurt	No seeds or other bits
Tea	Not too hot
<b>Sweets</b>	
Pudding	
Jello	
Milkshake	No straw

Day 3-7	Soft No Major Chewing
<b>Protein</b>	
Scrambled Eggs	
Instant Oatmeal	Not too hot
Sloppy Joe Meat	No bun
<b>Fruit &amp; Veg</b>	
Zucchini	Cooked thoroughly
Carrots	Cooked thoroughly
Bell Peppers	Cooked thoroughly
Eggplant	Cooked thoroughly
Peaches	
<b>Other</b>	
Macaroni & Cheese	
Cottage Cheese	
<b>Sweets</b>	
Cheesecake	
Pumpkin Pie	

Prescriptions will be printed on surgery day. Pick them up as soon as you can. You'll be numb several hours after and have pain meds and an anti-inflammatory already on board, giving you plenty of time to get the meds filled. Directions will be on the pill bottles as well as listed below.

• Pain •

**Narcotic Pain Medication (Norco/Vicodin ES)**

**Take one or two tablets every 6 hours. Alternate with anti-inflammatory.**

Start with 1 tablet and progress to 2 if pain persists. Take your first narcotic pain pill(s) as soon as possible following surgery. **WARNING: DO NOT TAKE NARCOTICS ON AN EMPTY STOMACH — THIS WILL CAUSE NAUSEA!**

Remaining in a reclined position will help prevent nausea as well. Limit walking/activity when taking narcotics. During the first two nights, we recommend waking up regularly to take the pain meds. **IF YOU GO WITHOUT PAIN MEDICATION DURING THE FIRST FEW NIGHTS, YOU WILL WAKE WITH TREMENDOUS PAIN THAT WILL BE DIFFICULT TO CONTROL!** After several days, you may substitute the narcotic for over-the-counter Tylenol 700mg every six hours.

• Swelling •

**Non-Steroidal Anti-Inflammatory (Ibuprofen 800mg, Motrin, Advil)**

**Take 1 tablet or 800mg every 6 hours. Alternate with narcotic.**

Take your first anti-inflammatory 3 hours after the first narcotic and then every six hours afterwards. You may continue to take this for several weeks following surgery.

• Infection •

**Antibiotic (Amoxicillin, Clindamycin, Keflex, Erythromycin, Penicillin VK, Metronidazole)**

**Take as directed on bottle.**

**Take all of your antibiotics until they are gone.**

• Nausea •

**Anti-Nausea (Phenergan/Promethazine, Ondansetron)**

Take 1 tablet every 4-6 hours as needed to decrease nausea/vomiting after surgery.

This medication will heighten the effects felt with the narcotic medication. Do not take unnecessarily.

**You will alternate the narcotic and anti-inflammatory – for example when you get home, take a Norco, 3 hours later take an Ibuprofen, 3 hours after that another Norco, etc. There are 6 hours between 2 Norcos; 3 hours between a Norco and an Ibuprofen. You can use this chart or set an alarm to help keep track.**

	Day 1				Day 2			
Norco	:	:	:	:	:	:	:	:
Ibuprofen	:	:	:	:	:	:	:	:

	Day 3				Day 4			
Norco	:	:	:	:	:	:	:	:
Ibuprofen	:	:	:	:	:	:	:	:

	Day 5				Day 6			
Norco	:	:	:	:	:	:	:	:
Ibuprofen	:	:	:	:	:	:	:	: