



Pre-operative and Post-operative Instructions

Ranjitha Krishna, D.M.D.

The following instructions may be helpful when **preparing for your upcoming surgery**. Please do not hesitate to call if you have any last-minute questions. We can be reached at 770-422-5220 during regular business hours. You can also text this number.

All of your prescriptions will be called in to your pharmacy prior to your appointment.

You can have light meals before your surgical appointment. We keep the office cool, so dress appropriately or bring a sweater. You are also welcome to bring your headphones to your surgical appointment.

In order to evaluate your progress and healing, we will see you for post-operative checks. Post-operative appointments and cleaning visits are very important for long-term successful results.

Antibiotics

Please alert the office to any allergies or sensitivities that you might have to antibiotics. You will be prescribed an antibiotic if our doctor determines it to be necessary. Take as directed until gone. It is advisable not to take these medications on an empty stomach, as it may result in nausea. For women taking birth control pills, be advised that antibiotics may interfere with the effectiveness of birth control.

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Anxiolysis/Stress-reduction

If you have elected to do oral sedation and if Dr. Krishna has prescribed medications for you, you must have a designated driver bring you to your appointment and drive you home.

Food Suggestions

Here are some recommendations for soft-food after the procedure:

Ensure/Slim Fast, Soups, Pudding, Rice, Apple Sauce, Oatmeal, Macaroni & Cheese, Mashed Potatoes, Jell-O, Rice, Baked vegetables, Smoothies, Bananas, Creamy Peanut Butter, Yogurt, Pasta, Milk Shakes, Casseroles, Eggs, Fish, Cottage Cheese, Egg salad, Chicken salad, Tuna salad, Baked fish

Pain Medications/ Analgesics

It is not unusual to have discomfort for a few days following your surgical procedure. Please take your medications as directed. It is advisable to not take pain medication on an empty stomach, as nausea may result.

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As an alternative to prescription pain medications, alternating ibuprofen and Tylenol can also be very effective. You may take the combination in either of the following dosages: 3 Advil Liqui-Gels and 2 Regular Strength Tylenol or 3 Advil Liqui-Gels and 1 Extra Strength Tylenol, every 4-6 hours as needed.

Swelling

Swelling may occur following your surgical procedure and will typically increase 2-3 days after the procedure. To minimize the swelling, place an ice pack over the outside cheek area for 20 minutes on and 20 minutes off for up to 24 hours. Continue using ice for 2-3 days following the procedure if necessary.

Bleeding

A small amount of bleeding is normal after the surgical procedure.

- Do not rinse your mouth for 24 hours because it can disturb the clotting and slow healing.
- Elevate your head when lying down.
- Moisten gauze to keep it from sticking to the site and apply to the area with moderate pressure for 20 minutes; repeat if necessary.
- Apply pressure with moistened tea bag for 20 mins if bleeding persists.
- Avoid hot foods which can increase heart rate and cause bleeding
- Do not exercise until we see you at your post-op appointment – Exercise raises your heart rate, increases blood flow, and can cause bleeding.
- Call the office for any uncontrolled bleeding.

Smoking

Do not smoke for at least 2 weeks following your surgical procedure. It will significantly slow healing and can compromise results.

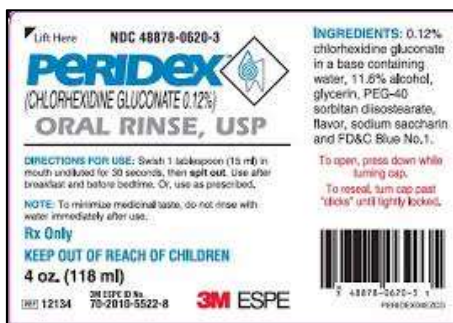
Rinsing/Brushing

Do not rinse for the first 24 hours. Gently swab the surgical site with the prescribed mouth rinse (Chlorhexidine gluconate/Peridex) using a Q-tip or gauze at least twice a day.

Do not brush the surgical site. You may resume normal brushing/flossing in other areas the following day. Do not brush or floss the surgical site until your suture removal appointment in 10 days.

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Swab and DO NOT RINSE

Suture Removal

You will be seen for a suture removal/post-operative appointment about 10 days after the procedure. Sometimes the sutures are resorbable and may have already dissolved. If present, they will be removed and you may resume brushing with an extra-soft toothbrush that will be given at this appointment. If you are a patient for whom antibiotic pre-medication is required, take the prescribed antibiotics 1 hour prior to your suture removal appointment.

Emergency Contact

Should you have any questions or concerns that cannot wait for our regular business hours, you can reach our emergency line by calling our office 770-422-5220 and then selecting option 2.