

QUICK REFERENCE FOR PATIENTS WHO HAVE RECEIVED GENERAL ANESTHESIA OR INTRAVENOUS SEDATION

YOU MUST be accompanied home by a responsible adult (who may either drive you home by car, or take you home by taxi, but NOT by public transportation). A responsible adult must stay with you for **24 hours** following your anesthesia.

YOU MUST remain quietly resting at home for remainder of the surgical day.

YOU MUST immediately lie down if you become dizzy, until the dizziness is gone. When you rise from lying down, do so slowly, as rising too fast may cause you to faint. You should also be accompanied to the washroom.

YOU MUST NOT leave your home or attend parties in your own home the evening of your anesthesia.

YOU MUST NOT consume any alcoholic drinks for **one week** following your anesthesia.

YOU MUST NOT smoke for **at least one week** after surgery (and **preferably** should not smoke for 6 weeks).

YOU MUST NOT consume any drugs affecting the nervous system or consume any mood altering drugs, except those agreed to or prescribed by the surgeon or the anesthesiologist for at least 48 hours following your anesthesia.

YOU MUST NOT operate or be responsible for any machinery, power tools, or sharp instruments, or engage in any activity where you could harm yourself or others for 24 hours following your anesthesia.

YOU MUST NOT operate or be responsible for any motor vehicle or any boat for 24 hours following your anesthesia.

YOU MUST NOT be responsible for or handle any firearms, explosives, or dangerous weapons or materials for 24 hours following anesthesia.

YOU MUST NOT operate or be responsible for any aircraft for 4 days following your anesthesia.

YOU MUST NOT sign any legal documents or enter into any legal contracts or agreements for 24 hours following your anesthesia.

YOU MAY experience chest, back and abdominal discomfort, or a sore throat following a general anesthesia. These symptoms are not serious and will usually disappear in a few days.

In the event of any unexpected hospitalization within 10 days following surgery please notify our office at (587) 425-1600



Office Phone: 587-425-1600

Toll-Free: 1-888-909-1340

Dr. Stephen Goth

Cell: (587) 220-7050

Dr. James Olsen

Cell: (403) 715-0834

IMPORTANT INSTRUCTIONS FOLLOWING ORAL SURGERY

Following these instructions will greatly assist your post-op recovery. Should you encounter an emergent situation during business hours please call our office. After hours you can call the oral surgeon on his cell phone.

Calls for prescription refills and routine questions regarding your surgery should be made during office hours (Monday – Friday, 8:30 am to 4:00 pm).

PAIN MEDICATIONS: Take the medications as prescribed on the bottle. Start the prescribed pain medication soon after surgery, before the local anesthetic (dental freezing) wears off and pain is actually experienced. Your pain medication is best taken with food or fluid in your stomach. Pain medication taken on an empty stomach may cause nausea and vomiting. Some pain medications may cause dizziness; avoid operating a motor vehicle or participating in activities where you may injure yourself or others while on these medications.

ANTIBIOTICS: Antibiotics should be taken until the entire prescription is finished. If a rash or itching develops, stop taking the medication and call our office. Patients taking oral contraceptives should be aware that certain antibiotics can interact with oral contraceptives making them ineffective. Consequently, alternate means of birth control should be practiced for the remainder of the cycle. If bowel habits are irregular, a mild laxative such as Milk of Magnesia may be taken.

SWELLING, BRUISING AND DISCOMFORT: Swelling, bruising and discomfort may occur after surgery, and may be greater on one side of the face. This is completely normal. Considerable swelling of the face and neck can result from surgical removal of teeth. Swelling will increase for the first 2 - 3 days, and then gradually subside. **Place an ice pack on the face for the first 2 days. Ice packs should be used intermittently, on and off every 30 minutes.** Most swelling and discomfort will be gone within 5 days.

BLEEDING: Some bleeding is to be expected. To control bleeding, place a folded, moistened gauze pad directly over the surgery site. Close your jaws to bite gently but firmly on the gauze for 30 - 45 minutes. Repeat this 2 - 3 times at home, if necessary. To assist in helping the bleeding subside, lie quietly with your head elevated and avoid spitting. If excessive bleeding occurs or continues, call the office. It is normal to have a little bit of blood on the pillow or in the saliva for 3 - 4 days after surgery.

LIMITED MOUTH OPENING: This is a normal protective mechanism caused by an accumulation of fluid in the jaw muscles to help healing. It usually subsides in 2 weeks.

NUMBNESS OR TINGLING OF THE LIPS, CHIN OR TONGUE: Numbness or altered sensation may occur in the lips, chin or tongue following oral surgery. This can be due to post-operative swelling or because of the closeness of the nerves to the surgery site. The numbness or altered sensation, when it occurs, can last for several weeks or months. In rare situations normal sensations may not return. If you are experiencing numbness or tingling of the lips, chin or tongue, lasting more than 1 - 2 days after surgery, please call the office.

SUTURES: Dissolving sutures are routinely placed. These will dissolve and release within a week. Dangling or loose sutures can be trimmed and removed with tweezers.

NIGHTGUARDS/RETAINERS: Unless otherwise instructed, removable night-time appliances may be worn again 2 days after surgery.

NAUSEA: Nausea may occur following anesthesia. This can be caused by certain medications or from swallowing blood. If this occurs, Gravol tablets or suppositories may be purchased at your pharmacy without a prescription. Follow the instructions on the package. Plain tea or flat ginger-ale may also alleviate nausea

DIET AND NUTRITION: Following oral surgery your jaw may be stiff, and your mouth and throat area sore. You will be able to **eat soft foods** and **drink fluids**. To facilitate recovery and healing, your body requires adequate fluids and nourishment. It is not a good time to diet. **It is important that you drink ample fluids, 2 - 3 litres/day, in small but frequent amounts.** After surgery, start with water, juice or soup (chicken or beef broth). Diet supplements such as Ensure or Boost are helpful starting the day following surgery. A vitamin supplement may also be taken. **Avoid using straws for the first few days as they can stimulate bleeding by creating suction in your mouth.** Take solid food in a form which you can tolerate (pasta, pureed, blenderized, mashed). **DO NOT** eat foods that break apart into sharp bits, or foods with husks or tiny seeds (peanuts, popcorn, hard candy, strawberries). They are easily lodged in the surgical sites, may cause infection, and **should be avoided for 2 months.**

ORAL HYGIENE: Do not rinse your mouth on the day of surgery as this can disturb the healing process and cause bleeding. Begin **gently** rinsing on the day following surgery. Use one teaspoon of salt in 8 ounces (250 ml) of lukewarm water. Rinse frequently and always following meals. Baking soda in warm water and non-alcohol commercial mouth rinses may also be used. You may start carefully and gently brushing your teeth the day following surgery.

MOUTH ULCERS: Mouth ulcers are sometimes seen after oral surgery. These usually last 7 - 10 days, then disappear on their own. They can be treated with baking soda mouth rinses; use one teaspoon of baking soda in 8 ounces (250 ml) of water.

BONE SPICULES: Occasionally bone spicules may be noticed in the surgical sites. They are not pieces of tooth. They appear as small shards of bone poking through the healing tissues. These are usually not serious and will often disappear after several days. If they persist please call our office for a follow-up appointment.

GENERAL ANESTHESIA PATIENTS: Muscle stiffness and tenderness will occasionally result after general anesthesia. This is usually confined to the chest, back of the neck, and back of the legs. This is not serious and will resolve after a few days. This can be minimized with rest. Occasionally a patient may also experience a sore throat for a couple days following surgery. Cepacol throat spray can be purchased at the pharmacy over the counter to help ease any throat discomfort.

TEMPERATURE ELEVATION: It is not unusual to experience a slight fever (38.5°C or 101°F) for 2-3 days following oral surgery and anesthesia.

WORK & SCHOOL: Individuals will recover at different rates. In general you may return to work or school in 3-5 days.

EXERCISE: Do not engage in rigorous physical activity or exercise for five days following oral surgery as this may stimulate bleeding.

SMOKING AND ALCOHOL: Smoking and alcohol both delay healing and lead to an increased risk of complications. **Do not smoke or drink alcohol for at least one week.**