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Advanced Oral & Facial Surgery of the Main Line

## PRE-OPERATIVE INSTRUCTIONS FOR SURGICAL PATIENTS

Thank you for selecting Advanced Oral and Facial Surgery of the Main Line for your surgical needs. Dr. Funari believes that a positive oral and maxillofacial surgical experience requires a surgeon who is not only well trained and skilled, but also willing to listen to your concerns, explain your options, and alleviate your fears. He and his staff are committed to providing uncompromising care in the privacy of a relaxed, friendly and professional environment. Please feel free to ask any questions regarding your surgery.

**By federal law, all patients under the age of 18 years must be accompanied by their custodial parent or legal guardian for all appointments (examination, treatment and follow-up).**

**CLOTHING AND JEWELRY:** Wear comfortable, loose fitting clothing - preferably short sleeves. Avoid long sleeve sweatshirts, sweaters and knits. Avoid turtlenecks. Jackets, contact lenses and jewelry must be removed. Do not wear eye makeup, lipstick, finger nail polish or acrylic nails. Do not smoke for at least 24 hours before anesthesia.

**PRE AND POSTOPERATIVE MEDICATIONS:** In many cases you will be given prescriptions for medication that you will be required to take either before or after the surgery. It is important to have these prescriptions filled immediately as some may be time limited and so it is not necessary to stop for them on your way home and delay your post-operative care. Take any medication prescribed by the surgeon as directed. Antibiotics and pain medication may be started right after your procedure. Any medications prescribed by your physician, for treatment of other medical conditions, may be taken normally on the morning of surgery with as little water as possible.

- *Asthmatic Patients:* please bring your inhaler with you on the day of surgery.
- *Diabetic Patients:* If you are insulin dependent, please take half of your normal dosage the morning of surgery (IV fluids with sugar will be administered to help maintain an appropriate sugar blood level).
- *Steroid Medications:* For those taking long term steroid medication, please double your normal dosage of your medication the morning of surgery.
- For patients requiring antibiotic prophylaxis for a heart murmur or implanted medical devices, take the prescribed antibiotics 1 hour before surgery. The doctor will provide you with a prescription for the appropriate antibiotic and dosage.

**ANESTHESIA:** An important part of your oral and maxillofacial surgeon's training is devoted to the administration of anesthesia. Each surgical procedure requires a particular anesthetic technique and is based on your needs as a patient and the procedure to be carried out. During the preoperative consultation you and your doctor will discuss what type of anesthesia that is best for you.

- **LOCAL ANESTHESIA:** This type of anesthesia, referred to as "numbing", is commonly used in routine surgeries for patients who tolerate typical dental work
  - Eat as usual (especially diabetics).
  - Take all medications as prescribe.
  - You may drive and come alone unless instructed otherwise.
- **NITROUS OXIDE ANESTHESIA:** This technique uses an inhaled gas to relieve anxiety during the procedure. You will be awake and aware of your surroundings but you will be relaxed and comfortable. Local anesthesia will be administered after you are sufficiently relaxed. Should you decide to have Nitrous Oxide for your planned surgery, please review the following important pre-operative instructions:
  - Have neither food nor liquids, including water, for four (4) hours prior to appointment.
  - You will be drowsy for a while after anesthesia and will require a recovery period in the office prior to discharge..
- **INTRAVENOUS SEDATION:** This is a common and a highly recommended approach for performing more complex oral and maxillofacial surgical procedures or for those patients who prefer to be unaware of the work being performed. This technique provides complete comfort, as you will be asleep during the procedure. The technique is safe and recovery is very quick. Should you decide to have IV sedation for your planned surgery, please review the following important pre-operative instructions:
  - Have neither food nor liquids, including water, for eight (8) hours prior to appointment.
  - Have a responsible adult accompany you to the appointment and drive you home afterward. For minors under the age of 18 years, the adult must be a custodial parent or legal guardian.
  - Have a responsible adult monitor your recovery at home for the first 24 hours after surgery.
  - You will be drowsy for a while after anesthesia, and driving is not legally permissible for 24 hours.

The following conditions may occur with oral surgery procedures, but are variable and depend upon the nature of the surgery and your compliance with the post operative instructions:

- Swelling: The surgeon uses special skills and approaches designed to prevent or limit facial swelling after surgeries. The extent of the post operative swelling is difficult to predict as it is based on the extent of surgery, the patient's propensity to swell, and compliance with post operative instructions. Swelling usually starts late the first post operative day and peaks late in the 2<sup>nd</sup> or early in the 3<sup>rd</sup> postoperative day. Any swelling that develops will be accompanied by stiffness of the jaw muscles, discomfort, and bruising. These symptoms will take approximately 7 days to completely resolve. The following suggestions are designed to limit post operative swelling and should be adhered to:
  - Avoid the use of any aspirin, aspirin containing products or herbal products which prolong bleeding for seven days prior to surgery.
  - *It is recommended that patients facing extensive surgery, such as the removal of wisdom teeth or placement of implants, consume pineapple and pineapple juice the two days prior to surgery and two days after surgery. Bromelain is an anti-inflammatory proteolytic enzyme found in pineapple that aids in reduction of inflammation, and hence helps prevent swelling and bruising.*
  - It is important to keep ice packs on the surgical sites continuously for 48 hours after surgery. It is not necessary to use the ice over night as an uninterrupted sleep is important to your recovery, but you should sleep with your head elevated. To help make it easier to comply with this recommendation the following is suggested:
    - Obtain an "Ace wrap" from a local drug store. This wrap should be placed around the head, from the chin to crown, to obtain moderate pressure over the surgical site(s).
    - Place crushed ice or frozen peas/corn in a small "ZipLock" bag then wrap the bag with a paper towel. Place the bag inside the Ace wrap against the skin over the surgical site(s).
  - Use the prescribed anti-inflammatory drug(s), usually Ibuprofen and Medrol.
- Pain: This may be due to many reasons such as involved surgery, swelling, and poor hygiene.
  - It is difficult to anticipate how you will feel after surgery because it is difficult to predict how you will respond to the surgery and what your pain tolerance. Most patients experience minor discomfort that is easily managed by Ibuprofen. The key is to stay ahead of pain by using ice, taking your medications as prescribed and maintaining good oral hygiene.
  - The most common reason for post operative discomfort is due to poor oral hygiene around the surgical site. This discomfort usually develops around the third postoperative day. It tends to be more intense early in the morning or late in the evening and will usually be accompanied by bad breath and/or a bad taste in your mouth. This pain will respond to vigorous rinsing with salt water and the use of Ibuprofen. Hygiene is a key factor in recovery from oral surgery and appropriate instructions will be given after surgery. Occasionally the doctor will need to rinse out the extraction site.
  - It is not unusual to have the teeth surrounding the surgical site ache temporarily or be sensitive to extreme in temperatures. This will resolve as healing progresses. Occasionally you may experience pain that radiates to the ear or the sensation of an ear ache after lower jaw surgery. This is referred pain and is a temporary condition.
  - Rarely, a "Dry Socket" may occur after extraction of a tooth. This is a painful condition caused by the loss of the blood clot that forms in the extraction site and protects the bone. It usually develops about 3 to 4 days after extraction. This condition causes an intense radiating pain that does not respond to pain medications. Treatment involves rinsing the socket and placing a special medication into the site to control the discomfort. It requires several days of this treatment for healing to progress and the pain to resolve. Individuals who smoke are at the greatest risk of developing this condition.
- Trismus: This is stiffness of the jaw muscles, that occurs due to swelling and inflammation, which makes it difficult to open your mouth. The best way to minimize this is to follow the directions to reduce swelling. If trismus occurs, apply moist heat to the sides of the face starting the third post operative day, begin stretching exercises and continue taking Ibuprofen.
- The corners of the mouth may be stretched and crack if dry. Your lips should be kept moist with cream or ointment.
- There may be a slight elevation of temperature for 24 to 48 hours as a direct result of the surgery. Temperatures can be falsely elevated if measured orally. It is rare for infections to occur following oral surgery procedures and usually develop several days after the surgery due to poor oral hygiene. If an elevated temperature persists, notify the office.
- In many cases there will be a space where the tooth was removed. This space will gradually close over and fill in with new tissue over the course of 6 weeks.

**APPOINTMENT:** This surgery appointment has been reserved specifically for you. If for any reason the appointment cannot be kept, kindly notify us at least 48 hours in advance to release the time for another patient. Failure to do so may incur charges.