

PREOPERATIVE ANESTHESIA INSTRUCTIONS

1. Please enjoy a light meal the night before surgery.
2. Absolutely nothing to eat or drink (not even water), 8 hours before surgery. Some say that it is easier not eating or drinking after midnight the night before their morning surgery. This is for your safety. Daily medications may be taken with a sip of water the morning of your surgery unless instructed otherwise.
3. If you are a smoker, please do not smoke for several days prior to treatment. Absolutely no smoking the night before and morning of surgery. No alcoholic beverages for 24 hours prior to surgery.
4. You will need to have a responsible adult escort come with you on the day of your surgery. They will need to remain in the office during your treatment and drive you home afterwards. This person CAN NOT drop you off and return later to pick you up. Please advise your escort not to bring small children. It is important that your escort attend to your needs during recovery. Minors are to bring a parent or guardian.
5. Wear loose, comfortable clothing that will allow easy access to your arms for placement of monitors such as a blood pressure cuff for your surgery.
6. Contact lenses must be removed prior to anesthesia. Please do not wear heavy makeup or jewelry on the day of your surgery. Please remove fingernail polish from one to two fingers for monitor placement.
7. If you develop a cough, cold or fever, please call the office before your appointment.
8. Bring a list (or the prescription bottles) of any prescription medications that you are taking.

We are happy that you have chosen us for your Oral and Maxillofacial care. Please feel free to call at any time regarding any question you may have.

To reach Dr. Oltean in case of an emergency please call (630) 390-5725.

on pain medications. Nonsteroidal anti-inflammatory drugs (NSAIDs) such as Aleve or Advil work at the surgical sites to decrease swelling and inflammation and reduce discomfort. These can be used along with the prescribed pain medications. Watch for stomach upset with these medications. You should not use NSAIDs if you are taking blood thinning medications. If after 3 to 4 days slow improvement in discomfort does not occur or if pain increases, this can be a sign of complications our office should be notified.

SWELLING: Swelling is a common reaction to surgery, this is normal. Taking Aleve or Advil will do the most to decrease swelling and inflammation at the sites. Many people like to use an ice bag or ice wrapped in a towel to apply to the face on the side of the extraction. Others like to prepare several frozen wash cloths the night before their surgery by securing the moistened washcloth to an empty soda can with a rubber band and placed in the freezer. The use of frozen vegetables (peas or corn kernels) works well when wrapped in a paper towel. These methods of reducing swelling should be started as soon as you return home by placing it on for 15 minutes and off for 15 minutes for the first 24 hours. You do not need to wake up throughout the night to use the ice packs, just start again in the morning after you wake up.

DIET: Proper dietary intake is important for good healing. Remain on a liquid diet the day of and the day after your surgery. Avoid hot liquids until the day after your surgery as hot temperatures can sometimes dissolve the healing clot. You can progress to a normal diet on the third day after your surgery however, you can continue with a liquid diet as necessary for comfort. Diet supplements (Carnation Instant Breakfast, Ensure, Boost etc.) are available through your pharmacy or grocery stores may be helpful. Hard foods or foods with husks such as nuts and popcorn should be avoided as they can become stuck in the surgical site and cause discomfort.

NAUSEA: It is important to take in some nourishment after anesthesia as this will help to settle an upset stomach. If you have nausea, start with some liquid such as 7-Up or Gatorade. Sometimes starting with small sips of water can help. Do not try to force large volumes as this may complicate your nausea. Nausea is usually self limiting. Sometimes if nausea continues, the use of over-the-counter medications such as Emetrol or Bonine can be tried. If the nausea continues after these medications, our office should be notified and a prescription medication can be considered.

HYGIENE: When should I start brushing again? Do not brush, floss or rinse after your surgery that day. Brushing and flossing should be avoided in the surgical site for one week. Brushing with toothpaste and gentle rinsing with water after each meal should be started the day after your surgery. Use of a medicated mouth rinse, if prescribed, can be resumed the day after your surgery gently in the morning and at bedtime as directed.

EMERGENCY: Contact Dr. Oltean 1-630-390-5725