

SOUTH COUNTY ORAL, MAXILLOFACIAL AND IMPLANT SURGICAL CENTER

PREOPERATIVE INSTRUCTIONS

PLEASE BE SURE NOT TO EAT FOR AT LEAST 8 TO 10 HOURS PRIOR TO YOUR PROCEDURE. IT CAN BE LIFE THREATENING TO HAVE ANYTHING IN YOUR STOMACH DURING THE ANESTHETIC. YOU MAY HAVE A FEW SIPS OF CLEAR LIQUIDS UP TO 2 HOURS PRIOR TO THE PROCEDURE.

TAKE MEDICATIONS AS DIRECTED BY YOUR DOCTOR.

WEAR LOOSE, COMFORTABLE CLOTHING. LEAVE CONTACT LENSES AT HOME. PLEASE DO NOT WEAR JEWELRY OR NAIL POLISH ON THE DAY OF YOUR PROCEDURE. BRING A RELAXING CD OR CASSETTE TO LISTEN TO IF YOU WISH.

BE SURE TO HAVE A RESPONSIBLE INDIVIDUAL AVAILABLE TO DRIVE YOU HOME. (IF YOU'RE UNDER 18- THIS MEANS A PARENT). DO NOT DRIVE OR OPERATE MACHINERY FOR 24 HOURS AFTER THE PROCEDURE.

IF YOU DEVELOP A COUGH, FEVER, OR FLU-LIKE SYMPTOMS PRIOR TO YOUR APPOINTMENT, CALL THE OFFICE TO RESCHEDULE.

DO NOT SMOKE FOR 48 HOURS BEFORE YOUR APPOINTMENT. NO ALCOHOLIC BEVERAGES FOR 12 HOURS BEFORE YOUR SURGERY.

ARRANGE FOR SOMEONE TO BE HOME WITH YOU THE DAY OF YOUR PROCEDURE.

IF YOU HAVE ANY QUESTIONS, PLEASE DON'T HESITATE TO CALL THE OFFICE AT THE NUMBER LISTED BELOW.

THANKS FOR YOUR COOPERATION  
401-789-9758

## Preoperative & Postsurgical Pain Control Protocol with Anti-Inflammatory Medication

I recommended a nonsteroidal anti-inflammatory be taken before and after surgery. This has been shown to reduce discomfort and swelling; especially when taken in combination with your prescription pain medication. If you use a generic ibuprofen, please insure it is coated, as this will decrease potential for gastrointestinal side effects.

### *Prior to surgery:*

Please take up to 800 mg ibuprofen (4 over-the-counter Advil or Motrin) the night before surgery or in the morning with a small sip of water.

### *After surgery:*

Take 800 mg ibuprofen every 6-8 hours as your baseline medication for discomfort. This will relieve moderate discomfort and can be used alone or in combination with your prescription medication.

Continue taking the ibuprofen for 5-7 days after surgery (some patients may find that ibuprofen helps for up to 10 days).

Use your prescription medication for discomfort as directed. It is helpful to take prescription medication between doses of the ibuprofen. For example, if ibuprofen is taken at noon and 6:00 in the evening, take the prescription medication around 3 PM if needed. This will allow for adequate levels of pain medication to be in your system throughout the day and evening.

Please note that most prescription analgesics (pain medications) contain acetaminophen (Tylenol). **Do not take extra Tylenol** with prescription medications as this could potentially result in an acetaminophen overdose. Acetaminophen (and other over-the-counter medications) are not interchangeable with ibuprofen.

Please refer to your postoperative instructions for further details about your recovery.