

Pre Op IV Sedation Instructions

**Please advise us of any allergies you may have or concerns with medications
Let us know if you think you may have trouble sleeping the night before**

Pick up medications one day prior to appointment. **Take medications as instructed**
Motrin, Advil, Nuprin, and Ibuprofen, is generally the same type of medication.

Unless advised otherwise from a physician or by Dr. Rooney, start Motrin, Advil or Ibuprofen
600 MG every 6 hours after surgery for at least 3-4 days following treatment.
Start antibiotic soon after surgery if prescribed - unless otherwise advised
If Sinus Augmentation, **start antibiotic 3 days prior to appointment.** Continue until finished.

**All medications, except narcotic pain medication, must be taken on schedule to be effective.
These medications will help promote better healing, reduce swelling and reduce chances of infection.**

Evening before A.M. Apt.:

Do not eat a large meal, greasy or spicy foods the night before. No Pizza. No alcohol intake. Get a good night's rest. After 1 am, discontinue liquids and solids.

Plan to wear comfortable loose fitting, short sleeved clothing. No jewelry. No make-up. No nail polish.

Morning of A.M. Apt.:

If taking meds do so by 6: a.m.

Take medications as discussed or discontinue medications as discussed

Do Not Eat Anything Greasy or Spicy. Also, no milk, cream, dairy or caffeine

If needed, you may eat 1/2 a piece of toast or a couple of saltine crackers, dry cereal that is easy to digest
You may have 4 ounces of water 2 hours before the appointment, after that only a few sips, (1-2 capfuls)
of water if necessary

For a P.M. Apt: DO NOT EAT AFTER 8: A.M.

Take medications as discussed or discontinue medications as discussed.

Do Not Eat Anything Greasy or Spicy. Also, no milk, cream, dairy or caffeine

You may eat something **light** and **small portioned** – **no milk, cream, dairy or caffeine.**

These are a few suggestions: a slice of toast with peanut butter, oatmeal or scrambled egg.

If you are Diabetic: Dr. Rooney will discuss what you specifically need to do for blood sugar reasons
Unless otherwise agreed upon, take medications as usual but allow for 2 hrs before appointment and
with sips of water or saltine crackers only.

Arrival

Check In: Take care of finances, insurance questions, and next appointment.

Let us know who your driver is and a phone number.

Departure

You will be discharged with **Post Op instructions** to your driver at the front desk and taken to your vehicle in a
wheelchair. Do not operate a motor vehicle or make important decisions for 24 hours.

Any questions: Office 913-491-9119 Dr. Rooney Cell: 913-223-6293

At least 72hour notice of cancellation. \$500.00 is the room charges, medications, work up and dedicated time.

Post Operative Reminder Notes

Medications: These are to be taken at scheduled times:

Antibiotic: unless directed otherwise, finish the prescription- to prevent or stop infection.

(Women: Some antibiotics can reduce the effectiveness of birth control pills, talk to your pharmacist about how long this may affect you and the need for an alternate method). Use of probiotics can help reduce GI upset if taken 30 min before antibiotic. Your pharmacist can direct you on this.

600 mg Ibuprofen, (Motrin or Advil) every 6 hours for 4 days. To reduce inflammation, speed healing and give pain relief. Take on a schedule unless your physician has advised you otherwise.

Prescription Pain Medication: Use only if necessary and for breakthrough pain relief. You may have have been given a long acting anesthetic and do not need to take this if still numb.

You may take this in addition to the scheduled medications above as directed.

Ice Pack: Day 1 and 2—20 minutes on and 20 minutes off.

Warm moist heat: Day 3—On and Off as you can for the next few days or as feels best.

Peridex & Soft- Red brush: (if given) Start on day 4. Twice daily, dip the brush in Peridex. Using a light brushing motion, brush from the gum to tooth or implant.

Additional Guidelines about your surgery area: Sparingly use toothpaste. Brush but avoid the surgical site by staying one tooth away from the site or sutures.

Rinse and Refresh: Tip your head slowly from side to side—do not swish. Rinse as needed but Do Not use mouth wash, alcohol beverages or salt water rinsing unless directed. Water is usually the best rinse.

Appliances: Wear your appliance unless directed otherwise – 24 hrs daily for 3 full days and nights. You can remove and rinse but try not to leave out more than 10 minutes at a time.

Control Nausea: Rest, Avoid getting up and down and turning your head frequently. **Eat** before taking your medications and **Drink** a full glass of water when taking your medications. Take anti-nausea medication before it gets worse, or call our office.

Control Bleeding: Reduce activity, keep heart rate and blood pressure low with rest and modify activity, ice, gentle pressure with gauze and avoid moving the jaw for 10 minutes. Talking or other jaw movement with gauze pack in place may cause new bleeding. A steeped tea bag and light pressure can also be used to stop bleeding.

Control Pressure Changes: Do not stifle a sneeze or cough. Sneeze or cough with your mouth open. **Do not blow your nose** if surgery was in the upper jaw or sinus surgery. **Do not bend over and do not drink through a straw.** You may use Actifed (unless told not to do so by a physician) and dab or wipe your nose if necessary. **Keep your head above heart level,** kneel to pick things up, sleep with an extra pillow and elevate your head.

Diet: It is important to maintain a balanced diet while healing. Try to drink at least 2 quarts of fluids daily such as fruit juices, milk, cool water, tea, Boost or Ensure. Eat soft food (foods you can squish between your fingers) such as yogurt, scrambled eggs, pulled pork or chicken, fish, soup, pudding, mashed potatoes, peanut butter, etc. **Avoid:** poppy seeds, pop corn, pepper and spicy foods. Limit toothpaste usage. Small grit and spices can find their way into the wound and delay healing.

Things that can make for poor healing: Tobacco, alcohol, and sugar consumption. Pulling on the lip or trying to view the area, trying to clean too much in the surgery area, too much activity, not enough rest or phone/talking.

IV or Oral Sedation patients: Do not drive or make important decisions for 24 hours.

IF YOU SHOULD DEVELOP ANY OF THE FOLLOWING **INCREASING SWELLING, UNCONTROLLED BLEEDING, FEVER GREATER THAN 100 F, INCREASING PAIN**, PLEASE CALL: (913) 491-9119 AFTER HRS (913) 223-6293 IN THE CASE OF A POSSIBLE LIFE TREATING EMERGENCY (DIFFICULTY BREATHING, CHEST PAIN, RAPID SWELLING IN NECK OR CHEST)- CALL 911