

# SURGERY

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**MEDICAL HISTORY.** It is important that you have supplied the office with an up-to date current Medical History to be reviewed prior to your surgical procedure. Blood pressure needs to be controlled before starting the procedure.

**SEDATION.** If you wish to take an oral sedative prior to your surgery, this must be discussed in advance of your surgery appointment. Please do not drink or eat anything 8 hours before your scheduled surgery time. You will need someone to drive you home after your surgery.

**OVER-THE-COUNTER MEDICATIONS.** Discontinue Aspirin and any medications containing Aspirin for 7 days prior to your surgical appointment, unless otherwise advised by your physician. Discontinue Advil or any other non-steroidal anti-inflammatory medication 7 days prior to your surgical procedure. Discontinue Vitamin E and any other homeopathic medications 7 days prior to your surgical procedure.



**PRESCRIPTION MEDICATIONS.** Take all routine prescription medications as directed by your physician unless otherwise advised. Take the antibiotic prescription before your procedure if the doctor directed.

**PREPARATION.** Eat a light meal prior to your surgical appointment. Avoid heavy or greasy foods. Plan to rest at home for the remainder of the day of your surgical appointment. Following surgery, you should have cold liquids for your next 3 meals. Protein shakes, ice cream, and yogurt are good choices. Ice packs may need to be available for the first 24 hours as well. Wear loose or comfortable clothing. Avoid smoking for 2 weeks prior to your procedure if applicable.

**DURING THE PROCEDURE.** We will place a numbing jelly in the area the dentist will be numbing. This will help make the injection more comfortable. It's our goal to have you feel as little as possible during this part but cannot be guaranteed. Please raise your *left hand* (the doctor will be on your right side) if something is too uncomfortable so the doctor can stop. Everything is within your control to pause the procedure if you need. We want you to feel comfortable at all times. Sometimes, especially during long procedures, the anesthesia can start to wear off. Please don't try to "tough" it out, but be sure to let us know so we can give more anesthesia.

**DISCHARGE.** You can drive home only if you did not have sedation (including an oral sedative like Valium). We will provide you with instructions and a take-home kit (if necessary).

**PAIN.** Some discomfort is expected after the anesthetic wears off. Begin taking your prescribed pain medication before the anesthetic wears off to minimize discomfort. Taking the pain medication will ensure a comfortable night's sleep and recovery. Patients who follow the pain medication instructions carefully usually have very little discomfort. Expect to have soreness for 3-5 days for small procedures and 3-7 days for larger procedures. However, please keep in mind that everyone's body responds to pain differently and heals at different rates. Generally speaking, most people are no longer taking pain medications after 5 days. The main thing to consider is *daily* progress and if the area seems to be heading in the right direction. Even if all pain is not completely eliminated within these time periods, it's usually fine as long as everyday the pain is getting less and less. Continue taking pain medications as needed and let us know if you are needing a refill. Red flags are: increasing pain, increasing swelling, unstoppable bleeding, or a continuous bad taste from the area.

**SWELLING.** Some swelling may occur the day after surgery, and will generally persist for 24 to 36 hours, then will subside and diminish over the next few days. Swelling can be minimized by placing an ice pack on the outside of the face, over the surgical area, alternating on and off for 10 minute intervals. You may

do this for an hour or two following your surgery. Take Motrin / Ibuprofen to help reduce swelling only if this medication is approved for you.

**DO NOT TOUCH** the surgical area. Implants and bone grafting especially need to heal undisturbed. Touching, putting pressure, or irritating the area will disturb the healing process and could cause the surgery to fail. When placing an icepack on your face, be careful not to place too much firm pressure on the surgical area.

**BLEEDING.** Continue changing out the cotton gauze (additional ones are inside the care package) when it gets soggy. Dry gauze and firm biting pressure is the key to bringing bleeding to a stop (hemostasis). You can also place a moistened non-herbal tea bag over the area and apply gentle pressure. Continue this for 15-20 minutes. If there is no reduction in the amount of bleeding, please call our office immediately: (949) 734-0126. If after hours or weekends, the best way to reach the doctor is to text the office phone number. He will get a notification on his cell phone and will get back to you shortly.

**HYGIENE.** Following your surgery, you should gently rinse the surgical area with warm salt water or the chlorohexidine rinse using the plastic syringe after every meal and before you sleep, brushing the top of your tongue. DO NOT brush or floss any of the teeth or gums involved in the surgery. If you have been prescribed mouthwash remember to use it twice daily starting 24 hours after your procedure has finished and continue until the stitches are removed. Although a low probability, it stitch comes undone, please contact our office to have it restitched.

**MEALS.** It is necessary for healing that you maintain a normal healthy diet. In the first 24 hours it is not recommended to have any hot drinks like coffee. For the 3-4 days following surgery, soft foods (oatmeal, potatoes, cottage cheese, egg whites, avocado, fruit, smoothies and vegetable juices etc) can be eaten, but chewing should be done on the opposite side of the mouth from where surgery took place. Avoid any hard/coarse food (seeds, berries, nuts, chips, popcorn, etc. It maybe necessary to maintain a liquid diet for a few days if chewing is uncomfortable. Increase your fluid intake (water, juice) for a few days. Recommended foods: fruit and vegetable juices, egg whites (in all forms), soup, bouillon, oatmeal, tofu, very soft meats and fish (white meats and fish filet with no bones), pureed vegetables (potatoes, peas, beans, broccoli etc) - fortified organic milk products (yogurt, cottage cheese, etc.). Be sure to stay hydrated by drinking plenty of water after your surgery.

**PROSTHESIS.** Avoid wearing your prosthesis as much as possible until your checkup appointment with Dr. Heldt in 2-3 weeks. Pressure from the prosthesis can harm the surgical site. Only use it when Dr. Heldt has approved for full use and functionality.

**BONE GRAFTS.** Take extra care around the surgical site where you received bone grafting treatment. It's normal for possibly a small amount of bone graft particles to come out of the treated area anytime after the procedure even up to several months. Please notify the doctor if this happens but don't be alarmed, it is a common occurrence and does not indicate a failure.

## PRESCRIPTION MEDICATIONS

This is a glossary of medications that are commonly prescribed for your surgery, only available at a pharmacy. **Follow only what's been prescribed by your doctor**, this is just a reference for your convenience. Please let us know if you have had any allergic reactions to any of these medications and a comparable, yet compatible medication will be prescribed.

**Amoxicillin.** A penicillin-based antibiotic that will reduce bacteria and help prevent an infection after the surgery. Take 2 pills one hour prior to your surgery and 1 pill three times per day until all the tablets have been consumed. This medication is the most important to prescription to follow carefully. Patients who don't take their antibiotic or follow the instructions carefully have a higher risk of complications or treatment failure. Twenty-eight tablets will be dispensed.

**Cephalexin.** An alternative to those who are allergic to Amoxicillin and Clindamycin.

**Valium.** Sedation pill to help with relaxation if you are nervous. You will need a driver if you take this medication at the time of surgery. This will need to be prescribed ahead of time by our office if needed. Do not take until instructed by the Doctor.

**Ibuprofen.** Also known as "Motrin" which is the brand name. Pain and anti-inflammatory medication. Take 1 tablet every 6-8 hours as needed for pain. Helps reduce swelling. Don't exceed 3,200mg or 4 pills per day. For your own comfort, please take this medication for the first three days. On the fourth day, you can taper off if you feel the pain level is manageable.

**Tylenol #4.** Stronger pain medication (acetaminophen) that can be taken if needed.

**Hydrocodone.** Stronger pain medication (acetaminophen) that can be taken only if needed. Take this medication every 6-8 hours as needed for pain alternating with ibuprofen.

**Chlorohexidine.** An anti-microbial mouth rinse. If you were prescribed this, use the plastic irrigating syringe to keep the surgical area clean. Rinse away food, plaque, and other debris but be careful not to undo the stitches. If the stitches come undone, call us to discuss the situation. It's important for your tissues to heal with all the stitches in place until the doctor removes them in 3 weeks. Start using the rinse 24-36 hours after your surgery is finished. Please rinse 2x per day until the doctor removes your stitches. One bottle will be supplied.

## NEXT APPOINTMENTS

- 1 Your check-up appointment has been scheduled in 2-3 weeks from the surgical date. This appointment is usually short where Dr. Heldt may take x-rays, remove your stitches and evaluate the healing progress. If you've had wisdom teeth removed or an extraction with no plans for an implant, then this is the last follow-up appointment that's needed, no need to read further unless you're interested in dental implants.
- 2 If you are planning to have the tooth replaced with an implant, we will have an implant consultation appointment in a few months to take an updated CT scan, evaluate the healing, and discuss the dental implant process.
- 3 If you had an implant placed today, then you'll have a suture removal appointment in 2-3 weeks then in 5 - 7 months, you'll have a short appointment to uncover the implant(s). Dr. Heldt will take a digital scan to locate the implant, and start the process of designing and creating your implant crown. This is a minor surgical procedure and although antibiotics are not usually prescribed, pain medication is recommended for a few days as needed.
- 4 An abutment and crown try-in appointment is sometimes scheduled to make sure the final result turns out well both functionally and esthetically. This appointment is usually an hour or less and usually doesn't involve anesthesia, but sometimes a small amount may be necessary to make the appointment more comfortable.
- 5 Final delivery of the abutment and crown. Depending on your type of prosthesis, it usually takes 2-3 weeks for the final crown to be made. Before completing the project, you will have the opportunity to approve of the fit, form, feel, and esthetics of the final restoration. Your satisfaction is important to us, so be assured that we will not complete the project until you're happy with the results. However, sending it back to lab for any revisions will require more time (typically an additional week or two but usually no additional costs. Once you're satisfied with the final results, the project is complete. An x-ray will be taken to verify ideal results. Instructions will be given on how to take care of the crown.

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Your implant crown needs to be taken care of just like a natural tooth. Daily brushing, flossing, and routine dental hygiene cleaning and checkup appointments are necessary to make sure the implant stays clean and healthy. It's important for a dental professional to monitor the health of the implant to make sure no infections develop around the implant before any permanent damage develops. Unless otherwise directed by your dentist or hygienist, a minimum of 2 cleaning / checkup appointments per year is recommended.

## **EMERGENCY**

If something doesn't feel right or if you have any questions, please call or text our office phone number **(949) 734-0126** even during the weekend or evening is fine. If no one is available, please **text** the phone number and it will be forwarded to Dr. Heldt's cell phone. You will receive a response shortly. In the extremely rare event you feel you have a life-threatening emergency, please call 911.