

RUSSELL K. KIRK, DDS

Pre-Operative (Surgery) Instructions for Sedation Procedures:

Prior to the day of surgery:

- Stock your fridge with soft food items, such as yogurt, ice cream, soups, pudding, jello, etc. You will need these items for the first few days after surgery.
- Drink plenty of fluids, such as Gatorade, tea, milk, juices, or water the day before your surgery, to stay hydrated.

Day of surgery:

- Nothing to eat or drink (including water) 8 hours before your procedure. If you have Prescription medication that you take in the morning, you may do so with a sip of water.
- Patients under the age of 18 **MUST** have a Legal Guardian with them at all appointments.
- Please have a responsible person (at least 18 years of age) with you to stay during your procedure, and to drive you home. You will need someone to stay with you for several hours after the procedure.

Post-Operative (Surgery) Instructions:

Avoid: **NO smoking, Spitting, Straws or Alcohol for one week. DO NOT rinse the day of surgery!** If you participate in any of these, it could contribute to prolonged discomfort and/or delayed healing.

Things to expect:

- Bleeding** Bleeding or "oozing" for the first 12 to 24 hours is to be expected. **DO NOT use gauze for more than one and a half hours total.**
- Discomfort** Discomfort will occur after your procedure, and can last possibly two weeks after the procedure. However, the most discomfort you will experience will likely be during the first two to three days. You will be prescribed medication to assist in controlling your post-operative discomfort.
- Swelling** Swelling is normally in proportion to the extent of the surgical procedure. It should reach its maximum in 48 to 72 hours after the procedure, and begin to diminish by the fourth post-operative day. You will be provided an ice pack, to apply to the involved side(s) of the face. This will help to minimize swelling. Place pack on for 15 minutes, then remove for 15 minutes. Continue for 24 hours as needed (prolonged use is not necessary).
- Diet** A liquid or soft diet is necessary for the first two to three days. An adequate fluid intake of at least two quarts (eight cups) a day is essential.
- Medications** **Take all medications as directed.** This is essential. The medications are prescribed to control pain and prevent infection.
- Sutures** Sutures placed will dissolve within three to four days following the procedure. **PLEASE DO NOT ATTEMPT TO REMOVE YOUR OWN SUTURES.** Dr. Kirk will be happy to view the sutures and determine if they need to be removed or replaced. If your sutures become loose, or come out, please contact our office.