



Florida Oral Surgery - Surgical Instructions

Before the Surgery

- * Please bring any referral slip from your referring dentist or physician.
- * Please do not eat or drink anything for six to eight hours before your procedure.
- * Please wear loose fitting comfortable clothing.
- * Please remove any contact lenses and all jewelry prior to surgery.
- * Please make sure that you bring a responsible adult with you who can wait in the waiting room during your procedure and then drive you home afterwards.
- * Please bring a list of medications you are taking. Also, if you have asthma please bring your inhalers. If you are taking prednisone, please bring this medication with you.
- * Patients who require antibiotic prophylaxis because of heart murmurs, artificial joints, the VP shunts, and artificial heart valves should take the appropriate antibiotic dosage one hour prior to surgery with a small sip of water.
- * Patients who are treated with heart medications, blood pressure medications, thyroid medications, and gastric reflux/ulcer medications should take these medications as prescribed without food and with small amounts of water.
- * Patients with diabetes should discuss pre-op instructions with Dr. DeWild.

ALL PATIENTS UNDER THE AGE OF 18 YEARS MUST BE ACCOMPANIED BY A PARENT OR LEGAL GUARDIAN.

It is always helpful to have your medical and dental insurance information with you, as well as any required.

After the Surgery

In order to avoid removing a blood clot or having a dry socket:

- * **DO NOT drink** through a straw for the first 24 hours after surgery.
- * **DO NOT smoke** for the first 24 hours.
- * **DO NOT spit** for the first 24 hours.
- * 30 minutes after leaving the office, remove gauze.
- * Eat only soft, cold food for 24 hours after surgery.
- * Eat soft, cold or warm foods for 2 - 3 days after surgery.
- * Let pain be your guide, if it hurts **DO NOT eat it**
- * 24 hours after surgery start warm salt water rinses 4 - 5 times a day.
- * If you are given ice packs, apply for 20 minutes on and off for 24 hours as needed.

Pain and Medications:

Unfortunately, most oral surgery is accompanied by some degree of discomfort. Take the pain medication prescribed as directed and according to protocol, if general anesthesia was administered. If the extraction(s) were performed without general anesthesia, take the pain medication immediately.

If you do not achieve adequate pain relief, please call our office at 407.330.3250 for further instructions.