

DRS' TRYLOVICH, GIFFORD, MANTOR, IRVING

CHARLESTON 702-259-1943 HENDERSON 702-750-9875 RAMPART 702-508-6714

IMPORTANT! PRE-OP INSTRUCTIONS BEFORE SURGERY

ANTIBIOTICS: Take with enough water to swallow.

Follow the regimen for the antibiotic you were prescribed. If you were given a different antibiotic not listed here, please follow those instructions!

For Amoxicillin **OR** for Keflex (Cephalexin) 500mg: Take 2 caps one hour before surgery, 1 cap in evening, the next day 1 cap three times a day until finished.

For Cipro (Ciprofloxacin) 500mg: Take 2 tablets one hour before surgery, the next day take 1 tablet in morning, 1 tablet in evening until finished.

Omnicef (Cefdinir) 300mg caps: Take 2 caps one hour before surgery, 1 cap in evening, the next day 1 cap twice a day (about every 12 hours) until finished.

Caution for Women: Antibiotics reduce the effectiveness of birth control pills. If you are prone to yeast infections from antibiotics, please tell us before taking.

All Patients: If you take probiotics daily, take it 2 hours before or 2 hours after taking antibiotics.

Medications: If you take medications for blood pressure, heart, cholesterol, thyroid, you may continue to take them as you would normally.

Patients Who Smoke/Vape: Reduce or stop All Substances 2 weeks before and after surgery. This slows healing and is detrimental to the success of your surgery!

ORAL SEDATIVES: If you were given a prescription for Halcion or Valium, take 1 pill one hour before surgery. Refer to the directions on your prescription for any additional directions that may have been prescribed by your doctor. **Please Note:** **you will need someone you know to drive you to and from your appointment!** **Minors must have a parent/legal guardian stay in the office.**

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SUPPLEMENTS TO AVOID: Stop all fish oils, Vitamin E, Flaxseed oil, Gingo Biloba, garlic, ginseng, and any other natural blood thinners 7-10 days before surgery.

PATIENTS ON PLAVIX, WARFARIN, ELIQUIS, PRADAXA, XARELTO, ASPIRIN:

These type of medications cause more bleeding than normal during your surgery. We will need a **medication clearance** from your physician to stop taking your medication temporarily before proceeding with surgery!

If you take baby aspirin daily that has not been prescribed by your physician, stop taking the baby aspirin 7-10 days before your surgery.

TAKING OZEMPIC, WEGOVY, MOUNJARO, TRULICITY, OR ANY GLP -1 INJECTIONS:

If you take this type of medication, **inform your doctor!** If you are having IV sedation for your procedure, stop taking this medication for one week before your surgery! Consume a liquid diet only for 24 hours before your surgery. See instructions under 'IV Sedation'. The '6 hour rule' still applies to your liquid diet.

PATIENTS TAKING BISPSPHONATES:

If you are taking or have recently taken Fosamax, Actonel, Atelvia, Zometa, Boniva, Prolia, Reclast, Forteo, Aredia, or any other bisphosphonate, **inform your doctor immediately if you have not discussed this with him BEFORE proceeding with surgery!**

ARNICA MONTANA / PINEAPPLE: We may recommend you to take these for your procedure to help reduce bruising and swelling. This is **NOT** necessary for ALL surgical procedures! However, if you are prone to bruising easily, you may use Arnica and/or eat pineapple starting 2 weeks before surgery to help minimize bruising and swelling. Arnica can be found in any health food or vitamin store. Please ask us for our informational page about Arnica if you desire this.

PRE-OP INSTRUCTIONS BEFORE SURGERY (CONT):

INSTRUCTIONS FOR INTRAVENOUS (IV) SEDATION: If you are having IV sedation, **DO NOT EAT ANYTHING 6 hours before surgery, including shakes, smoothies, juices, coffee, tea!** You may take your normal medications (BP, heart, cholesterol, thyroid). You may have enough water to swallow your medications, and smaller sips of water up to 2 hours before surgery. **If your surgery is in the afternoon, you may have a light breakfast 6 hours before your appointment time.**

You **must** have someone (friend, neighbor or relative preferably) drive you home. Have someone either stay with you a few hours if you live alone or able to check in on you if you were IV or orally sedated.

Type 2 Diabetics: IT IS OK for you to have small sips of apple juice if needed, up to 2 hours before surgery. Don't take your diabetic medication the morning of your surgery. You may bring your glucometer.

All Patients: Wear comfortable, washable clothing. Wear short or loose sleeves to allow placement of a blood pressure cuff. If you have a weak bladder, you may bring additional clothing.

DOCTOR EMERGENCY CONTACT:

Dr. Ryan Gifford 702-686-3605

Dr. Brian Mantor 801-372-2501

Dr. Dale Irving 850-381-2660

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AFTER HOURS EMERGENCY: DR GIFFORD 702-686-3605 DR MANTOR 801-372-2501
DR IRVING 850-381-2660

POST SURGICAL INSTRUCTIONS

Avoid strenuous activity, exercising, heavy lifting, bending for 5 to 7 days!

1. **Sutures:** Your sutures will be removed at your first post op appointment. If they fall out after 5 to 7 days, this is ok! They do not need to be replaced. You will still need to be seen at your post op appointment!

2. **Bleeding:** Expect oozing and blood tinted saliva up to 24 hours after surgery. Keep your head elevated on pillows especially when lying down. (Elevation can also help with swelling). Your mouth should not fill up with blood or blood clots. **If active bleeding does occur, return to our office!** If it is after office hours, see the information under '**Emergency**'.

3. **Swelling:** **Use ice pack for the first 24 hours ONLY.** Apply the ice pack 20 minutes on, 10 minutes off. **Don't be alarmed** if you see swelling 2 to 3 days after surgery! **You may apply warm, moist heat at this point, 20 minutes on, 10 minutes off.** The swelling should decrease over the next few days. If you notice the swelling is unchanged or increasing after 4 days, call us during business hours. If it's after hours, see '**Emergency**'.

4. **Pain Meds:** Take your pain meds according to your prescription. Eat something first, being careful if you are still numb! If you are taking ibuprofen, you can alternate it with Tylenol or Extra Strength Tylenol 3-4 hours later. DO NOT TAKE MORE THAN THE PRESCRIBED AMOUNT FOR EACH. If your pain is not decreasing with the prescribed pain meds, call our office or see '**Emergency**'. **NOTE: If you were given an opioid for pain, YOU MUST safeguard it from abuse and misuse of others! DO NOT drive nor operate machinery. No refills without the doctor's consent.**

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5. **Eating:** Eat soft foods for the first couple of weeks after surgery; mashed/baked potatoes, pasta, ramen noodles, pancakes, scrambled eggs, vegetable soup, soft cooked vegetables and beans, yogurt, mac and cheese, smoothies (don't use a straw for your smoothie!), etc. Any food you can cut with the side of a fork is acceptable. Stay away from hard, tough, chewy, crunchy, sticky, sharp-edged, spicy foods, and any food with seeds or nuts. Stay hydrated on **non-alcoholic** liquids.
6. **Brushing:** Maintain good oral hygiene. **Do not brush, floss, or waterpik the surgical site!** Carefully brush and floss all other areas thoroughly.
7. **Rinsing:** **DON'T** rinse your mouth, spit, or use a straw for **24 hours!** Doing this can dislodge the clot that needs to form to stop active bleeding. **Start the CloSYS mouth rinse 24 hours after your surgery.** This rinse is over the counter at most pharmacies and grocery stores. **If you were given Chlorhexadine to use, then use this rinse 24 hours after surgery.** **Note:** Chlorhexadine can stain veneers and porcelain crowns, so let your doctor know if you have these restorations.
8. **IV Sedation/Sedative:** For IV and/or pill sedation, expect to feel sleepy the rest of the day. **DO NOT drive for 24 hours, nor operate machinery.**
9. **Emergency:** Dr. Gifford 702-686-3605
Dr. Mantor 801-372-2501
Dr. Irving 850-381-2660
10. **Appointments:** **PLEASE SHOW UP FOR ALL POST OP APPOINTMENTS!**

This ensures you are healing and to help prevent complications.

Smokers: Please remember to **stop or minimize smoking for 2 weeks before and 2 weeks after surgery.** This will help the healing process!

