

Below you will find the instructions you need to read prior to your surgical appointment. Please note that you will need a dental cleaning, with your hygienist, 1-7 days prior to your surgical appointment. This is to remove any bacteria in your mouth which will prevent infection.

## MEDICATIONS & HOMEOPATHICS

Here is a list of medications and homeopathics that Dr. Mansoor has prescribed for your surgery. Please let us know if you have had any allergic reactions to any of these medications.

- **Amoxicillin 500mg (antibiotic):** Take 4 tabs 1 hour prior to your appointment and then 1 pill 3 times a day until gone.
- **Halcion .25 mg:** This is a sleeping pill to help you relax. Take one tab before bed the night before and take one tab 1 hour prior to appointment. It can cause some memory loss. **YOU WILL NEED A DRIVER FOR THIS.**
- **Ibuprofen 600 mg (pain and inflammation):** you should take this medication every 4-6 hours as needed for pain and against swelling but not exceeding 3 grams per day.
- **1 bottle Chlorhexidine:** (Peridex, anti-microbial mouth rinse) 24-26 hours after surgery is finished, please rinse with this solution 2x's per day until you have your stitches removed.

Homeopathic Medications:

- **Arnica Montana 200 c (for bruising):** place 3 tablets under tongue 3 times per day for 7 days
- **Hypericum 200 c (nerve regeneration):** Place 3 tablets under tongue 3 times per day for 7 days. Begin this treatment 1 week prior to surgery. Please DO NOT take this if you are on any MAOI's or mood stabilizing medications.

\*Homeopathic medications can be purchased at Sprouts or Whole Foods.

- Bring all your current medications with you the day of your appointment
- Stop aspirin & Vitamin E **ONE WEEK PRIOR TO APPOINTMENT**

## **BEFORE YOUR SURGERY:**

1. Have dental cleaning within one week prior to surgery
2. Discontinue any herbal supplements not prescribed by Dr. Mansoor 2 days prior to surgery. These include vitamin E, Aspirin, Tylenol or any other blood thinning medication.
3. Begin homeopathic regimen as prescribed by Dr. Mansoor
4. Minimize your stress level 3 days before and 14 days after your procedure. (this will improve your wound healing and reduce complication)
5. Abstain from drinking alcohol 12 hours prior to surgery and 24 hours post procedure.
6. Wear loose, comfortable clothing the day of surgery. Bring your favorite pillow or blanket if needed/wanted.
7. Thoroughly brush and floss teeth before coming to the office.
8. Please refrain from wearing heavy perfumes

If you are receiving oral sedation:

If taking Halcion YOU WILL NOT BE ABLE TO DRIVE AFTERWARDS. You must be accompanied by an adult (18 + years). You must not operate machinery or drive for at least 24 hours post surgery

Post-operative Care:

1. Smoking: DO NOT SMOKE. Patients who smoke will experience delayed healing and greater discomfort and are at a higher risk of infection. In addition, continuation of smoking following your surgery may compromise the results.
2. Medications: it is very important that you follow the instructions written on your prescription. If you experience unfavorable reactions (nausea, vomiting, headaches, diarrhea, rash, etc.) discontinue medications and call our office.
3. Rest: After leaving the office, do not plan any activity for the remainder of that day. Avoid any strenuous activity for 1 week following surgery.
4. Stress: Avoid stress for 2 weeks following surgery. Patients who have higher stress levels will experience delayed healing and greater pain, and are at a higher risk of infection and compromised results.
5. Pain: Some discomfort is expected once the anesthetic wears off. If you were prescribed post-operative pain medication, begin taking it before the anesthetic wears off to minimize discomfort. Ibuprofen also reduces swelling and can be taken the first 3-4 days on a continuous basis with a maximum dose of 3 grams a day.
6. Swelling: Some swelling may occur the day after surgery, and will generally persist for 24 to 36 hours, then diminish. 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 should do this for several hours immediately following surgery.
7. Bleeding: There should be no outright bleeding after surgery, though a slight pinkish color to your saliva is common. If bleeding occurs, place a moistened non-herbal tea bag over the area

and apply gentle pressure. Continue this for 15-20 minutes. If there is no change in the amount of bleeding, call our office immediately.

8. Rinsing: Following your surgery, you should rinse with warm salt water for the remainder of the day, 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 till the stitches are removed.
9. 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 hard/coarse food (seeds, berries, nuts, chips, popcorn, etc.) It may be 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 juice
- 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.)

## **EMERGENCY CONTACTS**

If you experience an emergency, please call our office at 480-279-3700, if it is after hours please leave a message and Dr. Mansoor will get back to you ASAP.