

PRESURGICAL RECOMMENDATIONS

The procedures that you are about to undergo will help us restore your mouth to its optimal health. We have prepared the following recommendations because we feel that a little preparation can help make your post-surgical recovery period short and uneventful.

- Get a good night's sleep the evening before the surgery.
- Avoid alcohol and aspirin for at least one week before the surgery as these substances tend to prevent the blood from clotting easily and can lead to unnecessary bleeding following the surgery.
- Discontinue all herbal supplements one week before the surgery.
- Have ice on hand or bags of frozen vegetables like peas and corn to use as ice packs.
- Prepare for a soft food diet if necessary following surgery. Have pasta, soup, eggs, yogurt, ice cream, mashed potatoes, etc available.
- Eat before you come as you will be numb afterwards and many medications can upset your stomach without food.
- If you were given a prescription prior to surgery, have it filled so that you can begin to take it immediately following the surgery.
- You may want to arrange for a ride home although it is not required unless you have taken a sedative like Xanax or Valium

While complete healing of the soft tissues takes 14-21 days, most of the discomfort and swelling, if any, will subside after 3-10 days. You should be able to return to work the following day, but activities that raise your blood pressure or increase your heart rate may result in some slight bleeding from the surgical site for 2-3 days and can further increase the swelling and pain.