EDISTO ORAL SURGERY

Eric Olendorf, DDS · Board-Certified Oral & Maxillofacial Surgeon

Patient Information Packet

Everything you need to prepare for surgery and recover well

01	**Before Your Surgery** Day-of reminders and your preparation checklist	2
02	**Pre-Surgical Instructions** Preparing for anesthesia, your responsibilities, what to expect	3
03	**Your Recovery at a Glance** A day-by-day timeline for the first two weeks	5
04	**After a Tooth Extraction** Post-operative instructions	6
05	**After a Bone Graft** Protecting your graft while it heals	7
06	**Eating Well While You Heal** Suggested foods, quick tips, and foods to avoid	8
07	**When to Call Us** Questions, concerns, and your doctor's notes	9

1175 Cook Road, Suite 125 · Orangeburg, SC 29118
Phone (803) 534-5444 · Fax (803) 531-3668 · www.edistooralsurgery.com

SECTION 01

Before Your Surgery

Thank you for choosing Edisto Oral Surgery. A little preparation makes for a smoother surgery and an easier recovery.

PLEASE READ CAREFULLY

We will not be able to perform your surgery on the scheduled date if:

1. You have had **anything to eat or drink — including water — after midnight** the night before your surgery.
2. You do not have **a driver and vehicle available at all times** during your visit. Your escort must wait in the reception area, with the vehicle on the premises, for the entire surgery. Rideshare services (Uber, Lyft) cannot be used.
3. You are **a minor** and your consent form has not been signed by a parent or legal guardian.
4. Your **financial arrangements** have not been completed with the front desk **before** your surgery.

Your Preparation Checklist

Use this list in the days before your appointment. Each item is explained in more detail on the pages that follow.

- ☐ **5 DAYS BEFORE** — Stop aspirin (ask your doctor first if you take it regularly)
- ☐ **2 DAYS BEFORE** — Stop ibuprofen (Motrin, Advil, etc.)
- ☐ **24 HOURS BEFORE** — No alcoholic beverages
- ☐ **AFTER MIDNIGHT** — Nothing to eat or drink — not even water
- ☐ **ARRANGE** — A responsible adult escort with a personal vehicle, plus someone to stay with you afterward
- ☐ **ARRANGE** — Childcare for the rest of the day, if needed
- ☐ **STOCK UP** — Soft, cool foods and small ice packs (snack-size zip-lock bags work well)
- ☐ **REMOVE** — All nail polish — including clear, gel, and acrylic
- ☐ **SKIP** — Eye makeup on the day of surgery
- ☐ **WEAR** — A short-sleeved, loose-fitting shirt
- ☐ **BRING** — A case for contact lenses (they must be removed)
- ☐ **COMPLETE** — Financial arrangements and, for minors, the signed consent form

Thank you in advance for helping us make this experience as pleasant as possible.

SECTION 02

Pre-Surgical Instructions

Following these instructions to the best of your ability helps ensure a rapid and comfortable healing period.

Prior to Your Surgery Appointment

A. **Rest well.** Many patients feel apprehensive before surgery. Try to get adequate sleep the night before your appointment. If you are having general anesthesia, be assured that you will be relaxed during the procedure.

B. **Fasting.** Do not eat or drink anything, including water or other liquids, for eight (8) hours before your appointment if you will be receiving general anesthesia (IVGA), and do not consume alcoholic beverages for 24 hours before sedation. For most surgical patients, we ask that you **do not eat or drink anything after midnight on the night before your surgery.**

C. **Blood thinners. Do not take aspirin for five (5) days before your surgery.** Do not take ibuprofen-type drugs (Motrin, Advil, etc.) for two (2) days before surgery. If you take aspirin on a regular basis, talk to your doctor before stopping it.

D. **Contact lenses** must be removed before surgery. If you wear them to the office, please bring an appropriate case. Patients are responsible for their own contact lenses.

E. **Makeup and nails.** Do not wear eye makeup — it tends to come off during surgery and can act as an irritant. Remove **all nail polish from your fingernails, including clear polish, gel polish, and acrylic**, as it can interfere with monitoring your oxygen level during surgery.

F. **Clothing.** Wear a short-sleeved, loose-fitting shirt or blouse so we can easily take your blood pressure and use a heart monitor.

Your Responsibilities

A. **An escort is required.** If you are having general anesthesia (IVGA), a responsible adult must accompany you. **Your escort must stay in the office during the surgery and take you home afterward.** Your escort cannot drop you off and leave the premises — we cannot proceed if your responsible party is not present throughout.

B. **No driving for 24 hours.** Do not drive, operate hazardous machinery, or use any appliances that require normal hand–eye coordination, as it will be impaired for 24 hours.

C. **Minors.** Patients under the age of 18 **must** be accompanied to the office by a parent or legal guardian.

D. **Plan for help at home.** Someone should stay with you after surgery. If you have children, make sure another adult is home, as you will be unable to supervise them properly. Postpone any responsible or complicated tasks, and decisions requiring fine judgment, for the rest of the day.

E. **Prepare ice packs.** Small ice packs (snack-size zip-lock bags work well) are a big help after surgery. Using ice near the surgical area greatly reduces swelling.

F. **No smoking for at least seven days after surgery.** Smoking is an extremely strong irritant and decreases blood supply to the healing area, greatly increasing your chance of infection and dry socket.

G. **No alcohol** for 24 hours before and after your appointment, and never while taking narcotic pain medication.

What to Expect After Surgery

A. **Recovery takes time.** Most oral surgical procedures, such as wisdom tooth removal, require several days — possibly a week or longer — for full recovery.

B. **Swelling is normal.** Most patients can expect some facial swelling. Bruising is possible, and you may have difficulty opening your mouth widely.

C. **Stitches.** If sutures are placed, they are usually the type that dissolve on their own in 7–10 days.

D. **Nausea.** Anesthetic drugs and pain medications can cause nausea in some patients. If this happens, keep to a bland liquid diet for a day or so until it passes, and call us so the doctor can change your pain medication.

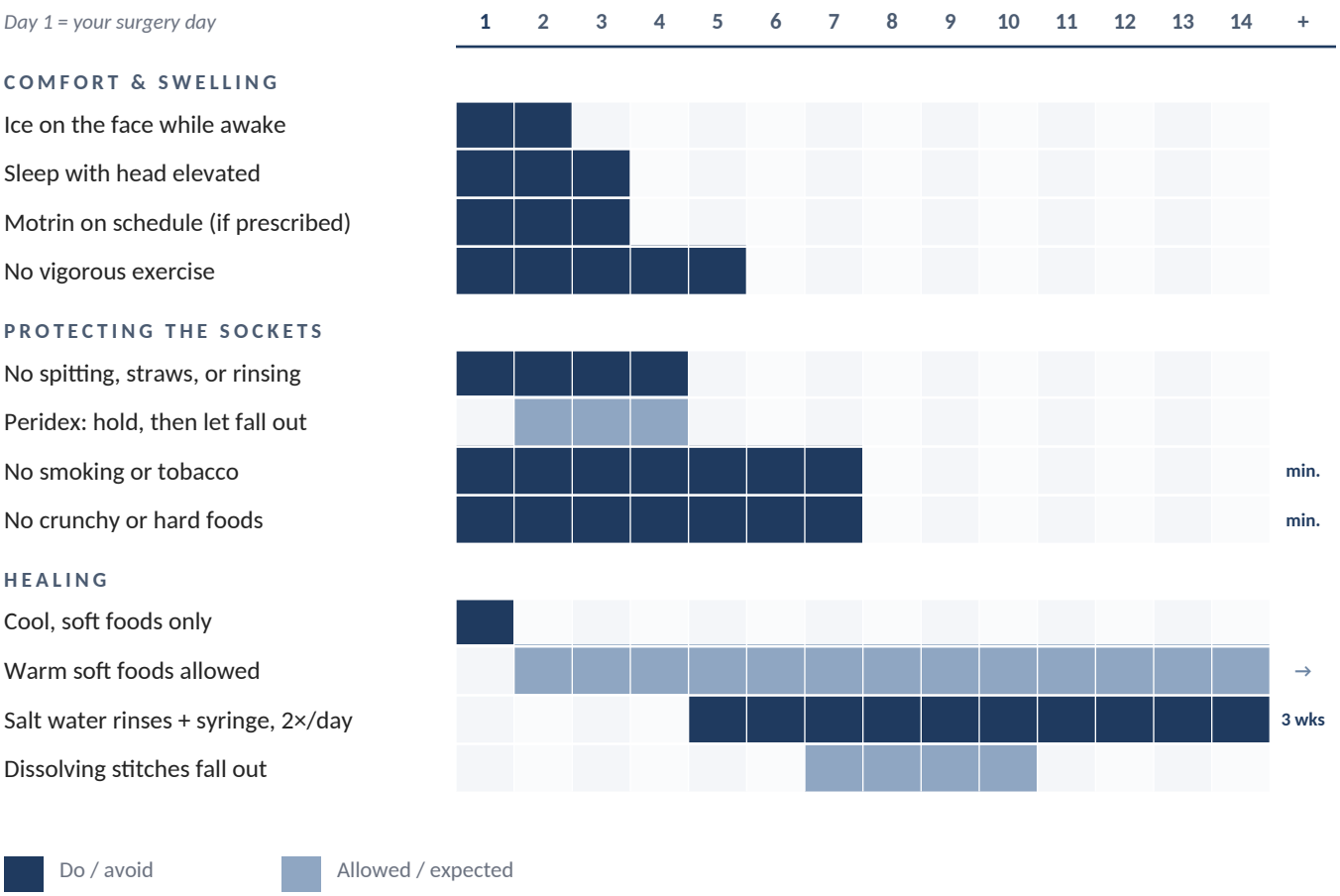
Questions before your surgery?

Our team is happy to help. Call us at (803) 534-5444.

SECTION 03

Your Recovery at a Glance

A day-by-day view of your first two weeks after an extraction. Details for each item are on the next page.



Had a bone graft?

Your graft needs longer protection: **no spitting, gargling, or straws for 4 weeks**, no brushing over the graft site for 4 weeks, and soft foods for at least 4 weeks or until your surgeon says otherwise. See page 7.

The first night

- Take your gauze out **1 hour after you get home**. Replace it only if bleeding is heavy.
- Keep ice on your face while you are awake.
- Eat something cool and soft before taking any medicine.
- Taking your pain medicine before bed helps you get a good night's rest.
- Remove all gauze before you go to sleep.

SECTION 04

After a Tooth Extraction

What to Eat

1. For the **first day**, eat only foods that are soft, cool, and creamy — yogurt, pudding, Jell-O, ice cream, milkshakes, and fruit smoothies (without seeds).
2. Starting on the **second day**, you may eat warmer soft foods like scrambled eggs, mashed potatoes, soups, pasta, and soft vegetables.
3. Avoid fried foods, chips, peanuts, crunchy breads, cereals, popcorn, and rice for **at least 7 days**, or until your surgeon says it is OK.

Preventing Dry Socket

1. **Do not** spit or drink through a straw for 4 days.
2. **Do not** swish your mouth with water or any mouthwash for 4 days.
3. **Do not** pick at or disturb the sockets, or cut any stitches.
4. **Do not smoke or use tobacco for 7 days.**

Oral Hygiene

1. Resume brushing **the day after surgery**, but avoid brushing directly over the surgical sites.
2. If prescribed **Peridex**, start the day after surgery — just hold it in your mouth, then let it fall out. Do not gargle, swish, or spit with it until the 5th day.
3. Begin **warm salt water rinses on the 5th day** (¼ teaspoon of salt in a glass of warm water). Use the syringe provided to flush the lower sockets twice a day for 3 weeks, or until the holes close.

Preventing Swelling

1. Keep ice on your face during the **first 2 days** while you are awake.
2. Sleep with your head elevated on a pillow, or rest in a recliner, for the **first 3 days**.
3. No vigorous exercise or strenuous activity for **5 days**.

Controlling Bleeding

1. Take your gauze out **1 hour after you get home**.
2. If bleeding seems heavy, place fresh gauze over the site, sit upright in a chair, and bite firmly for 1 hour. If bleeding has slowed, you do not need to replace the gauze.
3. Remove the gauze before you go to sleep.
4. Do not replace the gauze after the first day.

Taking Your Medicine

1. Try not to take medicine on an empty stomach — always eat something first.
2. If prescribed **Motrin**, take it as directed for the first 3 days, then as needed. Take it with or after meals.
3. If prescribed an **antibiotic**, take it as directed until it is completely finished.
4. Take **narcotic pain medicine** only as needed for pain; taken continuously, it can cause nausea and vomiting. Taking it before bed helps you get a good night's rest.

> **Never drive or operate heavy machinery while taking narcotic pain medication.** It is the law — you will be considered DUI if you drive a vehicle.

SECTION 05

After a Bone Graft

A bone graft needs undisturbed time to integrate. Most of these precautions last four weeks.

Protecting Your Graft

- **Do not** gargle, spit, or use a straw for **4 weeks**.
- **Do not** pick at or disturb the graft with a toothbrush, toothpick, or your tongue.
- Resume brushing the day after surgery, but **do not** brush over the surgical site for **4 weeks**.
- **To avoid spitting**, brush with alcohol-free mouthwash diluted half-and-half with water. It cleans your teeth without needing to rinse afterward.
- If prescribed **Peridex**, start the day after surgery — hold it in your mouth, then let it fall out. **Do not gargle with it.**
- **Do not** chew on the graft side for at least **2 weeks**.
- **Do not** cut any loose or hanging stitches yourself.
- **Do not smoke or use any tobacco at any time.**

Taking Your Medicine

- Follow the same instructions as for extractions (page 6): eat before taking medicine, take Motrin as directed for 3 days, finish all antibiotics, and use narcotic pain medicine only as needed.
- **Never drive or operate heavy machinery while taking narcotic medication.**

What to Eat

- For the **first day**, eat soft, cool, creamy foods — yogurt, pudding, Jell-O, ice cream, milkshakes, smoothies.
- Starting on the **second day**, warmer soft foods like mashed potatoes, pasta, soups, scrambled eggs, or soft vegetables are fine.
- Chew on the side **opposite** your surgery whenever possible.
- Continue soft foods and avoid fried foods, chips, crunchy breads, cereals, and popcorn for **at least 4 weeks**, or until your surgeon says it is OK.

Preventing Swelling

- Keep ice on your face during the **first 2 days** while you are awake.
- Sleep with your head elevated for the **first 3 days**.
- No vigorous exercise or strenuous activity for **5 days**.

Controlling Bleeding

- Take your gauze out **1 hour after you get home**.
- If bleeding seems heavy at any time, place fresh gauze over the site, sit upright, and bite for 1 hour.
- Avoid taking gauze in and out repeatedly, and remove it before you go to sleep.
- Do not replace the gauze after the first day.

Flipper or temporary appliance?

It **cannot touch your gums** around the surgical site. Please let your surgeon check it before you wear it after surgery.

SECTION 06

Eating Well While You Heal

Good nutrition speeds healing. Stock up on a few of these before your surgery day.

Applesauce Cook apples until tender and blend, or buy ready-made. Apricots and peaches work too.

Avocado Mashed plain or mixed to your liking.

Bananas Mash well; eat with yogurt or a little milk.

Broth Chicken, beef, or vegetable — a nice savory option.

Casseroles Soft, well-cooked, with plenty of liquid.

Cheesecake Soft — you can enjoy yourself a little during recovery.

Cottage cheese Plain or mixed with soft veggies.

Custard Homemade or store-bought.

Eggs Scrambled or poached, with soft melted cheese.

Fish Soft tuna or baked fish.

Ice cream Or frozen yogurt — avoid flavors with seeds or nuts.

Jell-O Soft and easy to eat.

Juice Fresh fruit or vegetable juice, or a vitamin-based juice.

Mac & cheese Well cooked and soft.

Mashed potatoes Blend or mash out all the lumps.

Meatloaf / meatballs Mashed a little to limit chewing.

Noodles & pasta Small or flat soft pasta that needs little chewing or slurping.

Oatmeal Add honey, syrup, or mashed banana.

Pudding Chocolate or fruit.

Ramen A quick, easy noodle-and-broth soup.

Sherbet A soothing frozen treat.

Smoothies Blend fresh seedless fruit, milk, and ice cream.

Soup Tomato or pumpkin — tasty and easy to drink.

Spinach Creamed or mashed.

Stew Slow-cooked vegetable stew — soft and savory.

Sweet breads Soft doughnuts, muffins, or cupcakes.

Tea The tannin in tea helps reduce bleeding. Iced or warm for the first few days — not hot.

Tofu Mashed or cubed, with soy sauce or other flavoring.

Vegetables Mash or blend pumpkin, potato, cauliflower, or zucchini.

Yogurt Avoid flavors with seeds, such as berry or passion fruit.

Quick Tips

- Favor healthy foods over sugary ones.
- Stock ingredients at home ahead of time.
- Use only seedless fruit.
- Green smoothies and soups add vegetables and fiber and help regulate digestion.

Foods to Avoid

- Seeds — they can get stuck in the wound and cause infection
- Peppercorns and other coarse spices
- Spicy foods
- Chips and popcorn
- Anything that requires a lot of chewing

SECTION 07

When to Call Us

Some discomfort, swelling, and oozing are a normal part of healing. Please call us if something doesn't seem right.

CALL EDISTO ORAL SURGERY

(803) 534-5444

1175 Cook Road, Suite 125, Orangeburg, SC 29118

Please call if you have:

- Bleeding that does not slow after biting firmly on fresh gauze for an hour while sitting upright
- Swelling that is increasing after the third day, or a fever
- Pain that is getting worse rather than better after the first few days
- Nausea or vomiting that keeps you from taking fluids or your medication
- A rash, itching, or other signs of a reaction to a medication
- Any question about your instructions or your recovery

For difficulty breathing or swallowing, or any life-threatening emergency, call 911.

Doctor's Recommendations