

# WestLAimplants.com

310-481-0111

## PRE-OPERATIVE INSTRUCTIONS

Thank you for selecting West LA Implants for your dental implant needs. Dr. Torabi believes that a positive surgical experience requires a surgeon who is not only well trained and skilled, but also willing to listen to your concerns, explain your options, and alleviates your fears. He and his staff are committed to providing uncompromising care in the privacy of a relaxed, friendly and professional environment. Please feel free to ask any questions regarding your surgery.

**CLOTHING AND JEWELRY:** Wear comfortable, loose fitting clothing - preferably short sleeves. Avoid long sleeve sweatshirts, sweaters and knits. Avoid turtlenecks. Jackets, contact lenses and jewelry must be removed. Do not wear eye or face makeup or lipstick. Do not smoke for at least 24 hours before surgery.

**PRE AND POSTOPERATIVE MEDICATIONS:** In many cases you will be given a prescription for medications that you will be required to take before or after the surgery. It is important to have these prescriptions filled immediately as some may be time limited and so it is not necessary to stop for them on your way home and delay your post-operative care. Take any medication prescribed by the surgeon as directed. Antibiotics and pain medications may be started right after your procedure. Any medications prescribed by your physician, for treatment of other medical conditions, may be taken normally on the morning of surgery with as little water as possible.

- *Asthmatic Patients:* please bring your inhaler with you on the day of surgery.
- *Diabetic Patients:* If you are insulin dependent, please take half of your normal dosage the morning of surgery (IV fluids with sugar will be administered to help maintain an appropriate sugar blood level).
- *Patients requiring antibiotic prophylaxis* for a heart murmur or implanted medical devices, take the prescribed antibiotics 1 hour before surgery. The doctor will provide you with a prescription for the appropriate antibiotic and dosage.

**ANESTHESIA:** We offer several different types of anesthesia. During the preoperative consultation you and Dr. Torabi will discuss the type of anesthesia that is best for you.

### **INTRAVENOUS SEDATION:**

This is a common and a highly recommended approach for performing more complex or lengthy surgical procedures or for those patients who prefer to be unaware of the work being performed. This technique provides complete comfort, as you will be asleep during the procedure. The technique is safe and recovery is very quick.

The following conditions may occur with oral surgery procedures, but are variable and depend upon the nature of the surgery and your compliance with the post operative instructions:

- **Swelling:** The surgeon uses special skills and approaches designed to prevent or limit facial swelling after surgeries. The extent of the post operative swelling is difficult to predict as it is based on the extent of surgery, the patient's propensity to swell, and compliance with post operative instructions. Swelling usually starts late the first post operative day and peaks late in the 2<sup>nd</sup> or early in the 3<sup>rd</sup> postoperative day. Any swelling that develops will be accompanied by stiffness of the jaw muscles, discomfort, and bruising. These symptoms will take approximately 7 days to completely resolve. The following suggestions are designed to limit post operative swelling and should be adhered to:

- ▶ Avoid aspirin, aspirin containing products or herbal products for seven days prior to surgery.

- ▶ *It is recommended to consume pineapple and pineapple juice the two days prior to surgery and two days after surgery. Bromelain is an anti-inflammatory proteolytic enzyme found in pineapple that aids in reduction of inflammation, and hence helps prevent swelling and bruising.*

- ▶ It is important to keep ice packs on the surgical sites continuously for 48 hours after surgery. It is not necessary to use the ice over night as an uninterrupted sleep is important to your recovery, but you should sleep with your head elevated.

To help make it easier to comply with this recommendation the following are suggested:

Obtain an "Ace wrap" from a local drug store. This wrap should be placed around the head, from the chin to crown, to obtain moderate pressure over the surgical site(s).

Place crushed ice or frozen peas in a small "ZipLock" bag then wrap the bag with a paper towel. Place the bag inside the Ace wrap against the skin over the surgical site(s).

- ▶ Use the prescribed anti-inflammatory drug(s), usually Ibuprofen or Decadron.

Pain may be due to many reasons such as surgery, swelling, and poor hygiene.

- ▶ It is difficult to anticipate how you will feel after surgery because it is difficult to predict how you will respond to the surgery and what your pain tolerance may be. Most patients experience minor discomfort that is easily managed by pain medications. The key is to stay ahead of pain by using ice, taking your medications as prescribed and maintaining good oral hygiene.

- ▶ The most common reason for post operative discomfort is due to poor oral hygiene around the surgical site. This discomfort usually develops around the third postoperative day. It tends to be more intense early in the morning or late in the evening and will usually be accompanied by bad breath and/or a bad taste in your mouth. This pain will respond to rinsing with salt water and the use of Ibuprofen. Hygiene is a key factor in recovery from oral surgery. Appropriate instructions will be given after surgery.

► It is not unusual to have the teeth surrounding the surgical site ache temporarily or be sensitive to extreme temperatures. This will subside as healing progresses. Occasionally you may experience pain that radiates to the ear or the sensation of an ear ache after lower jaw surgery. This is referred pain and is a temporary condition.

- Trismus: This is stiffness of the jaw muscles, that occurs due to swelling and inflammation, which makes it difficult to open your mouth. The best way to minimize this is to follow the directions to reduce swelling. If trismus occurs, apply moist heat to the sides of the face starting the third post operative day, begin stretching exercises and continue taking Ibuprofen.
- The corners of the mouth may be stretched and crack if dry. Your lips should be kept moist with cream or ointment.
- There may be a slight elevation of temperature for 24 to 48 hours as a direct result of the surgery. Temperatures can be falsely elevated if measured orally. It is rare for infections to occur following oral surgery procedures and usually develop several days after the surgery due to poor oral hygiene. If an elevated temperature persists, notify the office.
- In many cases there will be a space where the tooth was removed. This space will gradually close over and fill in with new tissue over the course of 6 weeks.

**APPOINTMENT:** This surgery appointment has been reserved specifically for you. If for any reason the appointment cannot be kept, kindly notify us at least 48 hours in advance to release the time for another patient. Failure to do so may incur charges.