



CHRISTOPHER A. BUTTNER, DDS
ORAL & MAXILLOFACIAL SURGERY

Diplomate - American Board of Oral and Maxillofacial Surgery
Diplomate - National Dental Board of Anesthesiology

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Preoperative Instructions

The following instructions are provided to assist you in preparing for your surgery.

1. Preoperative instructions for **IV sedation/General anesthetic**:
 - You may **not** have any solid food **eight hours prior** to your surgery appointment. The last meal you eat prior to surgery should consist of light filling foods. Heavy, fatty foods are slow to digest and can remain in your stomach well past eight hours.
 - You may drink clear liquids up to two hours prior to surgery not to exceed 10oz. Clear liquids are limited to water, black coffee, tea, sports drinks, fruit juices without pulp.
 - You may have been asked to take a Motrin® (Ibuprofen) pill, if so, take it with clear liquids 2 to 4 hours prior to your scheduled appointment. **DO NOT** take this pill if you have an allergy or sensitivity to Motrin or other non-steroidal antiinflammatory drugs (for example, Aleve®, Nuprin®, aspirin)
 - If asked to do so take your antibiotic as prescribed prior to surgery.
 - **DO NOT stop taking medications prescribed by your physician.** Please take your normal medications with clear liquids two or more hours prior to your scheduled appointment.
 - Please wear loose fitting clothing with sleeves which can be rolled up to the shoulder and low-heeled shoes. Please do not wear a dress. Hard contact lenses, jewelry, and dentures must be removed at the time of surgery. Please remove Tongue rings, lip rings and other oral piercings prior to your surgery appointment. Please avoid wearing flip flop sandals.
 - A responsible adult must accompany ALL patients to the office, stay during the surgery and be able to drive the patient home after the surgery. It is also advisable but not absolutely necessary to have an adult with you at home at least the first few hours of the day of your surgery.
 - Two adults must accompany any child receiving Ketamine anesthesia. One to drive and the other to attend to the child during the drive home.
 - **Patients with asthma:** If you use an inhaler, please bring it with you to your surgery appointment.
2. In order to decrease your chances of developing a post-op surgery infection, please brush your teeth thoroughly prior to your appointment. If given a pre-operative mouth rinse, begin it 3 days prior to the procedure following the label instructions while adhering to other printed orders. If you were requested to take antibiotics prior to surgery follow the label instructions.

3. **Diet:** It is important to aggressively drink plenty of fluids the day before and after surgery to avoid dehydration.
 - **Avoid carbonated beverages** for at least 4-5 days after surgery to prevent prolonged bleeding and avoid disturbing the socket blood clots. Loss of a socket clot results in a dry socket.
 - **Avoid using a straw for 4-5 days** after surgery; sucking through a straw may also disturb the socket clot resulting in a dry socket. Drink directly from a cup/glass.
 - **Good nutrition** must be maintained following oral surgery even if mouth soreness and jaw stiffness are present.
 - **Food selection** is largely a matter of your choice, we suggest the following:
 - *First days:* Drink plenty of liquids (except carbonated beverages). Soft, cool or warm foods that require little or no chewing are most easily tolerated at this time. A nutritious diet is necessary to promote healing and a speedy recovery. Since you will be taking medication, it is important to remember that eating can prevent nausea sometimes associated with certain medications. Begin with cool foods and advance to tepid foods later in the day following your procedure.
 - Suggested food choices: Yogurt, pudding, Jell-O[®], milkshakes, protein drinks, juices, ice cream, instant breakfast, Ensure[®], soups, baby food and blenderized foods. Fish, stewed chicken, mashed potatoes, macaroni and cheese, pasta, and cooked vegetables can be added to your diet as your comfort indicates. Multiple Vitamins are certainly OK.
 - There is no reason to avoid your favorite foods if you are comfortable while eating them. Advance to your regular diet as quickly as you are able.
4. **Driving/Reflexes: DO NOT DRIVE AN AUTOMOBILE OR ATTEMPT ANY HAZARDOUS TASKS** for 24 hours following surgery if you have had intravenous sedation or if you are taking prescription pain medication.
5. **Smoking: AVOID SMOKING COMPLETELY**, smoking will slow the healing process and may also contribute to development of a dry socket.
6. You will be given a post operative appointment within two weeks after surgery. It is important to keep this appointment because we will instruct you on how to properly care for the surgical site and check the progress of your healing.
7. **Payment:** You are required to submit the prearranged **payment, in full, when you arrive for your surgical appointment**. Please reference the fee estimate given to you on your preoperative visit for financial details.
8. **Consent for Minors:** If you are under 18 years of age and not married, you must have a parent or legal guardian present in the office during examination and any treatment.
9. **Cancellation Policy:** If you cancel a 2nd surgical appointment with less than 48 hours notice, you will only be rescheduled after placing a non-refundable deposit equal to half of your requested down payment amount.
10. **Questions:** If you have any questions concerning the above, please don't hesitate to phone our office at 338-9833 between the hours of 7:45am-5:00pm Monday through Thursday and 7:00am-12:00pm on Friday.

A Professional corporation devoted to the practice of Oral and Maxillofacial Surgery