



Ali Alijanian, DDS, Inc.

Diplomate, American Board of Oral and Maxillofacial Surgery

We would like to sincerely thank you for choosing our office to accommodate your oral surgery needs. Providing our patient with the highest quality of care possible in a comfortable and convenient manner is not only our specialty, it is our purpose. We take pride in helping others in our community enjoy a better quality of life.

We understand that all patients have the freedom of making the choice as to where they will receive their care. Therefore, we strive to answer any questions you may have so that you understand your treatment plan clearly, and are aware of any necessary financial arrangements and insurance billing associated with your case. In turn, we always keep in close contact with referring doctors in order to schedule your appointments accordingly.

As a referral based business, we hope that you will share your experiences in our office with others you know in need of our services. For more information about Dr. Alijanian and the services our practice offers, please visit us on the **web:** www.dralijaniam.com. You are always welcome to contact our office if you have any questions we are her to assist you.

Thank you for making us your specialist of choice
"We are committed to you...giving patients a reason to smile."

Dr. Alijanian & Team

www.DrAlijanian.com

Ali Alijanian, DDS
Diplomate, American Board of Oral and Maxillofacial Surgery

**INSTRUCTIONS FOR PATIENTS BEFORE UNDERGOING
GENERAL ANESTHESIA OR INTRAVENOUS SEDATION**

In order to assist you in the smooth and comfortable completion of your treatment, please follow the recommendations below.

1. Do not eat or drink (including water) 8 hours prior to your surgery. If ignored, this could lead to life threatening consequences. No smoking of any substance or alcohol consumption 24 hours prior to surgery.
 2. Arrange transportation with a responsible adult to bring you to and from the office on the day of surgery. You may not drive or operate hazardous machinery the same day after surgery. Please note that Dr. Alijanian will not start surgery until your responsible party is physically present in our office. **This person must remain on the premises during the surgery** or special arrangements may be made at the time of consultation.
 3. Arrange to have a responsible person to care for you for at least the first six hours after leaving our office.
 4. Wear loose fitting, comfortable clothing the day of surgery, **with short sleeves**. Wear appropriate shoes – No flip-flops or slippers, as they may interfere with your ambulatory skills. You must leave all personal items with your responsible party during surgery, such as eye glasses, purses, hats, coats, etc. We will not be responsible for any lost items.
 5. Do not wear heavy make-up, jewelry, lipstick, dark nail polish, or contact lenses the day of surgery.
 6. The patient is requested to (urinate) one hour before surgery.
 7. Patients under the age of 18 years must be accompanied by an adult.
 8. Brush and floss your teeth really well the morning of your surgery, especially in the back.
 9. If you are currently taking birth control pills, be aware that taking antibiotics will decrease the effectiveness of the birth control pill and that alternative methods should be utilized.
 10. You will have the opportunity to talk with the doctor prior to surgery.
- Wisdom teeth patients, take 2 antibiotic pills prescribed by our office the night before your surgery, and 2 antibiotic pills **2 hours prior to surgery** with **just enough water to swallow the pills, (less than ¼ cup)** or as directed specifically by Dr. Alijanian.

Thank you for making us your specialist of choice
"We are committed to you...giving patients a reason to smile."

Ali Alijanian, DDS

Diplomate, American Board of Oral and Maxillofacial Surgery

For Patients after General Anesthesia or IV Sedation

It is imperative that you DO NOT drive a car or operate machinery while taking medications or recovering from the general anesthesia or IV sedation. Your judgment will be impaired. You must be under direct supervision for the first 6 hours after you receive general anesthesia or IV sedation. It is normal to feel tired, forgetful, and groggy. The following instructions are designed to help you during your recovery period.

DIET:

1. After having general anesthesia, we recommend clear liquids first (such as 7-up, water, apple juice). If you continue to feel hungry, this may be followed by cold soft foods (such as ice cream, Jell-O, pudding, malts) for the first 24 hours.
2. After your surgery, maintain a soft diet for one week. For example: soup, scrambled eggs, mashed potatoes, soft chicken or fish. At your follow up appointment, we will give you further instructions.
3. Avoid food like popcorn, nuts, sunflower seeds, or rice.
4. If you are a diabetic, maintain your normal diet as much as possible and follow your doctor's instructions regarding your insulin schedule.

DISCOMFORT:

1. The local anesthesia (numbing medicine) administered during your surgery normally has a 4–6-hour duration for the upper surgery sites, and can last up to 12 hours for the lower sites. It may be difficult to control the discomfort once the anesthetic wears off.
Therefore, supplemental pain medication for relief of discomfort is usually necessary.

Take the prescribed or over the counter pain medication with a shake or milk and a large volume of water. This will lessen any side effects of nausea. Continue to take this every 8 hour for at least 24 hours. It is important to take the pain management before the local anesthetic wears off.

NAUSEA:

1. The medications used during and after surgery may cause nausea. If nauseated, avoid milk and other dairy products and try to drink clear liquids in small quantities, until symptoms resolve. Medications should not be taken on an empty stomach. If nausea continues, please contact our office and an anti-nausea medication may be prescribed.

FEVER:

1. A low-grade fever is not uncommon after surgery. It is usually a sign of insufficient liquid intake. Please remember to drink sufficient amounts of clear liquids to keep your body hydrated.

BRUISING:

This may occur on the arm or hand, near the site of intravenous. It is very common to have minor bruising. If the arm is inflamed or tender for first day, apply an ice pack for 30 minutes on and then off for 30 minutes. If inflammation or tenderness does not resolve on the second day, please contact our office for evaluation.

If you have any questions about your recovery or the above recommendations, please call our office at **(925) 934-7888**. During business hours, a member of our team will be happy to assist you. If this is a life-threatening emergency, please call 911. After hours, you may call our office and follow the prompts to get in contact with Dr. Alijanian. You may also log on to our website www.DrAlijanian.com for further instructions.

**Thank you for making us your specialist of choice
"We are committed to you...giving patients a reason to smile."**

Ali Alijanian, DDS
Diplomate, American Board of Oral and Maxillofacial Surgery

Instructions for patients after Extraction(s)

In order to assist you with a smooth and comfortable recovery, please follow the recommendations below:

DO NOT:

1. DO NOT rinse, spit, or brush teeth for 24 hours after surgery
2. DO NOT drink through a straw for 48 hours after surgery
3. DO NOT smoke for 7 days after surgery
4. DO NOT drink alcohol for 48 hours after surgery
5. DO NOT eat or drink hot temperature food for 24 hours
6. DO NOT eat spicy, or acidic foods for 7 days after surgery
7. DO NOT exercise vigorously for 3 – 4 days after surgery
8. DO NOT probe the surgical site with your tongue, any objects, or your fingers
9. If there is no bleeding, you DO NOT need to apply the gauze

BLEEDING:

1. Bite with continuous pressure over the extraction site with a moist, folded gauze until the gauze becomes saturated.
2. Change the gauze every hour until bleeding stops.
3. Remember, it is common to have slight oozing for the first day after surgery. Pressure from biting on gauze almost always helps.
4. If excessive bleeding continues, bite on gauze wrapped around a warm moistened Lipton's black tea bag to help the blood clot.
5. **PLACING GAUZE:** During the day if you are awake and alert, use the 2x2's provided for you, folded in quarters and placed at the surgical site(s). When sleeping during the day replace the 2x2's with the 4x4's, folding one end and allowing the excess to hang out of your mouth to prevent accidental swallowing of the gauze. Never sleep overnight with the gauze in your mouth.
6. Discontinue use of the gauze after the bleeding has stopped.
7. You may have sutures placed. If you do, they are dissolvable and should dissolve on their own in approximately 7-10 days.

SWELLING & BRUISING:

1. It is extremely important to apply ice packs 30 minutes on and 30 minutes off the cheeks, until bedtime to decrease the inflammation and minimize swelling. We recommend a zip lock bag of crushed ice or a bag of frozen peas.
2. For impacted third molars, keep the head wrap in place for the first 24 hours. Sleep with your head elevated with pillows for two days following surgery. This will help reduce swelling and the appearance of bruises.
3. Remember, swelling and bruising is very common after surgery. It will reach its maximum at 72 hours post-surgery and will gradually resolve over the week. Everyone heals at a different rate. Some will swell more or less than others.
4. Keep lips moist with cream or Vaseline to prevent cracking or chapping.

DIET:

1. If you have had general anesthesia, please refer to the general anesthesia sheet for more details.
2. We recommend cold foods (such as Shakes/Pudding/Ice cream/Jell-O) for the first 24 hours after surgery.

3. After your surgery, maintain a soft diet for one week. For example: soup, scrambled eggs, mashed potatoes, soft chicken or fish. At your follow up appointment, we will give you further instructions.
4. Avoid crunchy and chewy foods, like popcorn, nuts, sunflower seeds, rice, or taffy for 4-6 weeks after surgery to allow enough time for the area to completely heal.
5. If you are a diabetic, maintain your normal diet as much as possible and follow your doctor's instructions regarding your insulin schedule.

ORAL HYGIENE AND CARE:

1. Brush your teeth gently; carefully avoiding the surgical sites, beginning the next day after your surgery.
2. The following day after surgery, start rinsing your mouth with a saltwater rinse (1 tsp salt in one quart of water). Avoid mouthwash for 5-7 days as it contains alcohol.
3. It is extremely important to keep your mouth clear of food particles and debris during the first week following surgery. We recommend that you begin to gently rinse your mouth after each meal. An accumulation of food or debris may promote inflammation / infection.

OTHER POSSIBLE POST-SURGERY EFFECTS:

DRY SOCKETS:

When a tooth is removed, a "hole" or "socket" is left in the jawbone where the roots of the tooth used to be present. Normal healing requires the formation and continued presence of a blood clot in that "socket."

When the clot is lost or does not form properly, you begin to have pain of varying degrees and intensity. The pain usually starts to increase the third to the fifth day after the tooth was removed. The pain often radiates to the ear or to other teeth. The pain is usually caused by exposed bone due to the absence of a proper clot. One will notice a bad taste and odor. A dry socket is not a true infection but rather an inflammatory condition. If you experience any of these symptoms, please contact our office for continued care.

BRUISING:

1. May occur around the cheeks or inside the mouth, but will soon disappear. The bruising may travel into the neck area and disappear over a period of time.

NUMBNESS:

1. Loss of sensation of the lip and chin may occur due to administration of a long-acting anesthetic for increased comfort, usually following lower wisdom teeth removal. The normal sensation often returns by the following day.

STIFF JAWS/MUSCLES:

1. Stiffness of the muscles after surgery is to be expected due to the swelling. It should disappear within seven days.
2. The day after surgery begin to lightly stretch your jaw. Use heat compresses for tightness in jaw.

SUTURES:

1. Do not be alarmed if they come out as they are made to dissolve on their own.

If you have any questions about your recovery or the above recommendations, please call our office at **(925) 934-7888**. During business hours, a member of our team will be happy to assist you. If this is a life-threatening emergency, please call 911. After hours, you may call our office and follow the prompts to get in contact with Dr. Alijanian. You may also log on to our website www.DrAlijanian.com for further instructions.

Thank you for making us your specialist of choice
"We are committed to you...giving patients a reason to smile."

Ali Alijanian, DDS

Diplomate, American Board of Oral and Maxillofacial Surgery

Post-operative Food Recommendations

Day One - Soft cold foods

Clear liquids are recommended as soon as possible following surgery. This includes: Water, apple juice, white grape juice, yellow/green Gatorade, and cold tea. If the patient handles clear liquids well, they may begin to eat cold soft foods such as: Jell-O, pudding, plain yogurt, ice cream, milk shakes or smoothies (without seeds). Take prescribed or over the counter pain medication to control swelling. **(Do not use a straw for 48 hours after surgery)**

Day Two – (the day following surgery):

A soft food diet is recommended and today you can gradually get into the warmer foods. Well-cooked pasta, mashed potatoes, macaroni and cheese, soft fish/chicken, and foods that are soft in texture that can be smashed with a fork are suggested. Continue to take prescribed or over the counter pain medication to control swelling.

Food & Drinks to be avoided include: spicy foods, hard or chewy foods (chips, cracker, popcorn, ice) and acidic foods/drinks such as orange juice, lemonade. Avoid any food or drinks that have small particles such as seeds or broccoli florets, rice and ground beef that may get trapped in the sockets and cause irritation. ****The patient should remain on this soft food diet for 5-7 days after surgery.**

**Thank you for making us your specialist of choice
"We are committed to you...giving patients a reason to smile."**