



Pre-Surgical Instructions

1. Discontinue aspirin and any medications containing aspirin for two weeks prior to your surgical appointment, unless instructed by your physician not to discontinue this medication.
2. Discontinue Advil or any other non-steroidal anti-inflammatory medication one week prior to your surgical appointment. You may substitute Tylenol for these medications
3. Discontinue Vitamin E one week prior to your surgical appointment
4. Inform this office if you are taking any other anticoagulant medication, i.e., Plavix, Coumadin, etc.
5. Take any prescribed antibiotics as directed for heart murmur or mitral valve prolapse. If our office prescribes an antibiotic for our surgical treatment, we ask that you start taking it the day prior to your surgical appointment.
6. Take all routine medications as directed by your physician. Please inform this office of all routine medications you are currently taking.
7. Please inform our office of any allergies to medications.
8. Plan to rest at home the remainder of the day of your surgical appointment.
9. Eat a light meal prior to your surgical appointment. Avoid heavy or greasy foods.
10. Following surgery you should have cold liquids for your next three meals. Protein shakes, Ensure, ice cream, and yogurt are good choices. Ice packs will need to be available for the first 24 hours as well.
11. You will be able to drive yourself home after surgery, but you may wish to arrange for someone else to drive you home. If you wish to take an oral sedative, such as Serax, you **MUST** have someone drive you home.

I agree to adhere to all of the above guidelines.

Signed _____

Date _____

Print _____

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Patient Consent For Wisdom Teeth Extractions

Dr. Bae has explained to me the proposed treatment and anticipated results of such treatment. It has also been explained to be that there are certain potential risks for this procedure.

These include:

1. Injury to nerve result in numbness or tingling of the chin, lip, cheek, gums and or tongue on the operated side; this may persist for several weeks, months, or in remote instances, permanently.
2. Opening of the sinus (a normal cavity situated above the upper teeth) requiring additional surgery.
3. Postoperative infection requiring additional treatment.
4. Post-operative discomfort, swelling or bleeding that may necessitate several days of recuperation.

I understand that the medications, drugs, anesthetics, and prescriptions taken for this procedure may cause drowsiness and lack of awareness and co-ordination. I also understand that I should not consume alcohol or other drugs because they can increase these effects. I have been advised not to work or operate any vehicle, automobile or hazardous devices while taking such medications and until fully recovered from their effects.

I fully understand and have read the risks involved in the proposed surgery and anesthesia. I have had the opportunity to ask questions and have had them answered to my satisfaction. I hereby give my informed consent for oral surgery by Dr. Bae.

Signed _____

Date _____

Print _____

I have explained the procedure and the risks involved as outlined above.

Practitioner Signature _____

Date _____

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Prescription Instructions for Wisdom Teeth Extractions

Take the following Prescription as follows:

- 1) Ensure you have no allergies to any of the medications
- 2) If you are taking **Triazolam**, bring all tablets to the office.

If you are taking **Serax**, take 3 tablets of the Serax (sedative) the night before your appointment and 3 tablets again 2 hours before your appointment time. Be sure to bring the remaining tablets with you to your appointment. Sedation is optional and to be discussed with the dentist. You must not drive the day you take the sedative.

- 3) Have available to take Ibuprofen 200 or 400 mg tablets and 500 mg Acetaminophen tablets.
Take 600 mg Ibuprofen 30 minutes after your appointment time.

If you have any questions or concerns, please feel free to contact our office.

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Instructions Following Wisdom Teeth Extractions

1. **Bleeding** Do not be concerned if traces of blood are noted in the saliva for several hours after the operation. Do not rinse the mouth vigorously for the first few hours as the disruption of the clot may occur. It is best avoid hot food until the day following surgery. If continuous or excessive bleeding occurs please contact the office.
2. **Pain** You may have moderate discomfort after the anesthesia wears off. Mostly discomfort can be controlled with mild pain medication. A prescription for a stronger pain medication may be issued if necessary and should be used as directed.
3. **Antibiotics** Antibiotics may be prescribed depending upon the surgical procedure. It is important that these antibiotics be taken completely as directed.
4. **Swelling** In some cases swelling is to be expected. To help alleviate this, ice packs may be applied to the outside of the face over the area of surgery for 30 mins on and 30 mins off for the first 3 or 4 hours. Ice cubes in a plastic bag works nicely for an ice pack. If swelling and discomfort persist, warm wet compresses may be used over the area on the second and subsequent days. These are to be applied for 20 mins on and 40 mins off for 3 hours each day
5. **Oral Hygiene** Meticulous oral hygiene should be continued in the areas of the mouth not treated surgically. Brush gently in the area of surgery and avoid flossing for the first week. It is important to not disrupt the sutures. Gentle rinsing after meals with a warm salt water rinse (1/2 tsp. salt/8 oz. water) will be sufficient.

Things to avoid the first week

- Biting into things at the surgery site
 - Lifting your lip and stretching the area
 - Flossing
 - Using mouthwash that contains alcohol
 - Acidic foods and beverages that can be irritating
 - Teeth whitening
6. **Nutrition** Maintaining an adequate diet after surgery is important. You can chew on the opposite side of your mouth and should avoid extremely hard or spicy foods. You will assist the healing response by observing the following procedures:
 - Maintain an adequate home care level.
 - Decrease or eliminate smoking. Smoking significantly delays the healing of oral tissue.
 - Attempt to maintain a high protein diet.
 7. **Sensitivity** Tooth sensitivity following surgery occurs and is not a cause of concern. It usually completely goes away in 30 days. It is very meticulous with your plaque control procedures. DO NOT use a water pik in surgical areas for 3 weeks.

Remember that you just had a minor surgery. Be kind to yourself

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