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BEFORE ORAL SURGERY:

Decadron: If you were given a white envelope containing 2 decadron tablets, take 1 tablet one hour prior to your surgical procedure with a small sip of water. Then take the 2nd tablet 6 hours after the 1st tablet. This will help reduce the amount of swelling after your procedure.

Prescribed Medication: If you routinely take prescribed medication be sure to take them as you normally would the day of surgery, unless specifically directed otherwise.

Instructions for Intravenous Anesthesia:

For morning appointments:

- ▶ Do not eat or drink anything **after midnight** prior to your surgery. Your stomach must be empty before an anesthetic is administered.
- ▶ A responsible adult must accompany you to the office, and drive you home after anesthesia. You may be drowsy for a time; therefore you are not allowed to drive, operate machinery, or do anything that requires judgement until the day following your anesthetic.
- ▶ Please be prepared to inform the doctor of any illness, medications, or allergies that you have. If you do not know the names of the medications, bring them with you.

*If any questions arise before or after your procedure please call
(814) 454-3871 or 1(800) 454-3871.*

AFTER ORAL SURGERY:

Gauze: Our patients are usually sent home with gauze packs in the mouth which apply pressure to the surgical site. Leave the gauze packs in for 45 minutes until you are at home and settled. You can then remove the gauze packs and discard them. We would prefer that you not replace the gauze packs in the mouth unless severe bleeding should develop. A small amount of blood will be present in the saliva 1-2 days after the procedure and is not reason for concern.

Eating /Drinking: A soft or liquid diet should be followed. Adequate food intake and fluid intake after surgery is most important. Avoid chewing in the area of surgery.

Ice Compresses: Swelling after oral surgery is to be expected. To minimize this, apply an ice compress to the face 20 minutes out of every half hour for the day and evening after your surgery. The swelling will increase for the first 2 days and then slowly decrease over several days.

Pain Medicine: The most common problem seen with a prescribed narcotic pain medicine is an upset stomach. To prevent this we ask that our patients have something to eat and drink prior to each dose of the prescribed pain medicine.

Also, we suggest that our patients discontinue the narcotic pain medicine as soon as they are comfortable taking Ibuprofen (ie: Advil) instead. You can take up to 800mg of Ibuprofen every six hours and then decrease dosage to 600mg-400mg every six hours as the requirement for pain relief becomes less.

Salt Water Rinse: Starting tomorrow, use very warm salt water soaks. Mix one teaspoon of salt in a quart of very warm tap water. Take a mouthful, let it cool (do not swish), spit it out. Repeat for 15 minutes twice a day for the next three days.

Relax: No strenuous physical activity for 3 days after your surgery.

If uncontrollable bleeding, severe pain, questionable swelling, persistent nausea or vomiting, or any other emergency should occur after leaving the office or hospital, call 454-3871.