

POND SQUARE DENTAL

PRE-SURGICAL ADVICE FOR DENTAL SURGICAL PROCEDURES

Preparing for dental surgery requires a few important steps to ensure the process goes smoothly and helps promote a quick recovery.

CONSULT YOUR DENTIST

- Discuss any medical conditions, allergies, and medications you're taking before the treatment.
- Provide a full medical history, especially if you have heart conditions or are taking blood thinners.

FOLLOW DIETARY RESTRICTIONS

- Do not drink any coffee or other caffeinated beverages in the 2-3 hours preceding the procedure.
- Avoid drinking an hour prior to the procedure, but drink plenty of water before that. This helps to avoid the need for bathroom breaks and ensures that we are more readily able to take blood if necessary.



MEDICATIONS

- Take any prescribed medications as directed. If you have been prescribed antibiotics prior to the procedure, please ensure you take them.
- If you are taking blood thinners or anticoagulants, you will have been given specific instructions on how to prepare for the procedure - if you do not have these instructions, please contact the practice immediately.
- You can take painkillers before the treatment, and this is a good idea. Ibuprofen, if allowed, will help with wound healing. Aspirin should be avoided.

ARRANGE TRANSPORTATION

- If you are due to take Oral Sedation tablets prior to attending, someone needs to bring you to the practice for your appointment.
- If you will be receiving sedation, either Intravenous (IV) Sedation or Oral Sedation during the appointment, please arrange for someone to take you home after the procedure.

ORAL HYGIENE

- Maintain good oral hygiene leading up to the procedure. Ideally you should see the hygienist a week before the procedure (to reduce the risk of infection or sepsis).

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AVOID SMOKING AND ALCOHOL

- Refrain from smoking and consuming alcohol at least 24 hours before and after the extraction, as both can impede healing.

PLAN FOR RECOVERY

- Prepare your home for recovery by having ice packs (frozen peas work well), soft foods, and any medications (painkillers, anti-inflammatories) you may need.
- Arrange time off work or school if necessary for a comfortable recovery - if not already told, please ask the dentist what your recovery may be like so that you can plan for it.

ASK QUESTIONS

- Don't hesitate to ask your dentist any questions or express any concerns regarding the procedure, recovery, and aftercare.

RELAX

- Easier said than done! Practice relaxation techniques such as deep breathing if you feel anxious about the procedure. It might help to have a friend or family member accompany you for support. Please let the team know if you are stressed out or nervous and we will do our best to help.

By following these guidelines, you can help ensure a successful dental extraction and a smoother recovery.

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