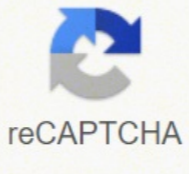




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What not to eat before dental surgery

Has your dentist scheduled you for oral surgery and you don't know what to expect? Dental surgery is very common, but it can be intimidating if you've never had it before. Don't worry, we'll walk you through it so you know exactly what to expect. Get someone else to drive you. If you are going to have surgery that requires you to be put under sedation, like anesthesia and nitrous oxide, you should not drive yourself following the surgery. As soon as you book your appointment, ask a friend or family member to drive you to and from your surgery. You may need to fast. Your dental surgeon will likely tell you to fast for eight to 12 hours before dental surgery, unless you're diabetic. That means no eating or drinking, not even water. Take any medications as you normally would, but try to only have a small sip of water. By fasting you minimize the risk for a rare, but very serious potential anesthesia complication known as aspiration, which causes the lungs to fill with the contents of your stomach. Plan on arriving early for your appointment. Make the day of your dental surgery less stressful by arriving at least 20 to 30 minutes early. That way you have plenty of time to fill out paperwork and ask any last-minute questions you may have before the surgery. Stock up on soft, easy-to-chew food. Be prepared to embrace mushy foods for a while. Pick up foods like yogurt, soup and ice cream prior to your surgery. Try to hold off on eating any hard, crunchy foods for approximately six to eight weeks post-surgery, as they can hurt sensitive gums. You should also try to only eat foods that are room temperature. That's because your mouth will still be numb, and you might not realize something you are eating is too hot and could suffer a burn. Same thing goes for beverages. If you need your coffee fix, make sure it cools for a while before drinking it. Create a place at home to recuperate. Choose a comfortable place in advance, like your bed, a recliner or a couch, where you can rest once you get home from surgery. Try to take it easy as much as possible to give your mouth a chance to heal. This might be the perfect time for a Netflix binge, or to read the latest best-seller. Avoid sucking, OK, we were going for a little humor there, but what we mean is you need to avoid using a straws or smoking cigarettes for at least three to five days following surgery. That's because it could dislodge the blood clot that formed at the surgery site, which could lead to an infection known as dry socket. Use an ice pack and rinse with salt water. Following the surgery, there may be some swelling around the surgery site. To help reduce swelling and ease discomfort, try using an ice pack by putting it on the surgery site for 15 minutes at a time. Once 24 hours have passed, you should start rinsing your mouth four times a day and following meals with salt water by adding 1/2 teaspoon of table salt to one cup of warm water. Again, try to rest as much as you can in the first two days following surgery. Surgeries such as wisdom tooth removal can take up to a week to heal, but the first 48 hours are often the most crucial part of your recovery, so put your feet up and do your best to rest and relax. By Shawn Watson, VeryWellHealth.com If you require oral surgery, you will want to prepare yourself so that you can undergo the procedure without complications and have a speedy recovery at home. Oral surgery is most often performed on an outpatient basis and usually involves either a general or local anesthetic. From a patient perspective, oral surgeries should be approached in the same way as any other surgery. You need to make many of the same preparations and follow post-operative instructions to avoid the risk of infection. Here are six simple tips that may help. Discuss Your Surgery in Detail It's surprising how people will often clam up when meeting with an oral surgeon about a dental procedure. They will listen intently as they are given the rundown about the operation, anesthesia, and recovery time but avoid asking questions that they either think are silly or feel uncomfortable about. Don't leave anything unsaid. If you have a health condition or are undergoing a medical procedure that you haven't discussed yet, let your surgeon know. This includes any drugs you may be taking, prescription or otherwise. The more the dentist knows, the more you can avoid complications and possible drug interactions. If you have anxiety about any part of the procedure, such as the type of anesthesia used, ask how safe it is and whether there are alternatives that may work as well. It's not a courtesy to know these things, it's your right. Finally, make sure that your insurance covers the procedure and that you're not hit with an unhappy surprise if a claim is rejected. Work with the dental office on this and, if needed, get a written description of the procedure with ICD-10 codes to confirm coverage with your insurer. Organize Transportation and Post-Operative Care While this tip may seem like a no-brainer, people will often underestimate the impact of certain oral surgeries. By and large, it is best to have a friend or family member accompany you to the office and take you home. If this is not possible, don't fool yourself into thinking you can drive. Even local anesthesia may impair your reflexes and make you less steady at the wheel.1 If you decide to take a taxi or use an Uber-like app, don't rush to order the service until you are told that it is safe to leave. If you are undergoing a more complicated operation and live alone, find someone who can stay with you overnight (or, at the very least, check on you regularly). The same applies if you have kids; arrange child care or have food pre-prepared so don't have to worry about cooking once you are at home. If you were given general anesthesia, it generally advised that you avoid driving for 24 to 48 hours after the operation. Know the Eating, Drinking, and Smoking Rules If your surgeon is using an intravenous (IV) or general anesthetic, you will need to follow the same pre-operative guidelines as anyone undergoing surgery.2 Generally speaking, you should not eat or drink anything, including water, for eight to 12 hours before your surgery. If the surgery requires a local anesthetic, you may be allowed to have a light meal one to two hours in advance but be sure to brush and floss thoroughly before arriving. Equally important is the fact that you cannot smoke for at least 12 hours before an oral surgery and a minimum 24 hours after. Dress for the Surgery Dress practically for your operation. Wear short-sleeved, comfortable, and loose-fitting clothing. This is especially important if you are scheduled to have an IV drip. Although the doctor and staff will do their best to prevent staining your garments, consider wearing something that you won't mind being ruined just in case. In addition:3 Do not wear jewelry as you may be asked to remove it prior to certain procedures. Avoid wearing contact lenses because your eyes may remain shut for an extended period if undergoing general anesthesia. Do not wear any makeup or lipstick (but do bring along lip balm as your lips may be chapped after the surgery). Out of courtesy, avoid any perfumes, colognes, or body sprays. You may also want to tie or pin your hair back if it is especially voluminous. Plan Your Post-Operative Diet Pre-plan a menu of soft foods that require little to no chewing. Avoid spicy or acidic foods that may irritate the gums. Protein drinks such as Boost, SlimFast, or Ensure are excellent sources of nutrition during your early recovery. Oatmeal and other quick-cook foods are also great. While it may seem wise to do so, avoid using a straw to drink beverages, especially after a tooth extraction.4 Sucking on a straw can cause a painful condition known as a dry socket which can send you back to the dentist for additional treatment. Know When to Cancel While a mild cold won't interfere with a surgery per se, it doesn't make it any easier to perform if you are sneezing or have a runny nose. Even if the symptoms are mild, you may want to cancel if only to avoid infecting others. Call your dentist or oral surgeon to see what they advise.3 Allergies may not be a concern if you are still able to breathe and won't have a sneezing fit mid-operation. If you are prone to allergies (especially during allergy season), take an oral antihistamine in advance and advise the surgeon that you have done so. On the other hand, if you have symptoms of the flu (including a sore throat, fever, and muscle or body aches), cancel without hesitation. It will be difficult to perform any oral surgery if you are unable to breathe properly or are coughing. Read more articles like this one at VeryWellHealth.com » For many of our Belmont patients, an oral surgery they receive in our office - such as a tooth extraction or the placement of dental implants - is the only surgery they've ever had in their lives. As such, it's understandable that they have questions about what to expect before and after their procedure. Many of our Belmont oral surgery patients are curious if they need to fast before their procedure. They've heard of friends and family having to fast before having medical surgery, and they wonder if the same is true for a dental surgery. The answer is - it depends on your surgical plan. When You Don't Need to Fast If you're coming into our office for an oral surgery procedure, you won't need to fast because the local anesthesia you'll receive for the surgery doesn't require it. In fact, our doctors encourage our Belmont patients having a tooth extraction, bone graft, dental implants placement, or other surgery to eat before their appointment, because the surgery may make it difficult to eat immediately afterwards. While some surgeries require our patients to be placed on a liquid diet for a temporary period of time, smoothies and milkshakes get old after a while. In this case, bon appetite before your appointment! When You Do Need to Fast Before Your Surgery Sometimes, our patients require more involved surgeries than we prefer to handle in our dental offices. This might include: Performing multiple surgeries in one surgical setting that will take several hours to complete Performing a necessary surgery on someone who is immunocompromised and needs to be in more of a hospital environment for their procedure Performing oral surgery on a Belmont patient who has dental anxiety, and desires IV sedation for their procedure Our doctors don't perform IV sedation for any procedures. When IV sedation is in the best interest of our patients, we coordinate with other dental providers and hospitals in our area so the IV sedation can take place in the safest environment possible. IV sedation puts you completely asleep for your procedure, so you will be completely unaware of the surgery as it takes place. The sedatives used for IV sedation may also cause some patients to become nauseated or even vomit. While rare, there is a complication for IV sedation called aspirating. This is when a patient vomits and inhales the material into his or her lungs, which could cause serious complications. While aspirating may sound scary, the good news is it can be entirely avoided. The patient going under sedation simply needs to refrain from eating or drinking anything 12 hours before their procedure. By having a completely empty stomach, you'll have no stomach contents to vomit, and no material for your lungs to aspirate. Learning More About Oral Surgery If you're a dental patient who's been told you need a dental surgery, our doctors at Dental Restorative Group are happy to help. Whether you've been referred to our practice or are looking for an oral surgeon on your own, simply call us to schedule an appointment at (617) 489-1470.

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