JACKSONVILLE
SURGICAL ARTS
ORAL AND MAXILLOFACIAL SURGERY

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PRE-OPERATIVE INSTRUCTIONS

Surgical Exposure of Impacted Tooth with Orthodontic Bracket and Chain

ABOUT YOUR PROCEDURE

You (or your child) are scheduled for surgical exposure of an impacted tooth with placement of an orthodontic bracket and chain. An impacted tooth is one that has not erupted into its proper position in the mouth and is trapped beneath the gum tissue and/or bone. This procedure involves surgically uncovering the impacted tooth, bonding a small orthodontic bracket with an attached chain to the tooth, and then allowing the orthodontist to gradually guide the tooth into its correct position using gentle traction over the following months.

This is a coordinated procedure between the surgeon and the orthodontist. After surgery, the orthodontist will use the chain to slowly move the tooth into alignment — a process that typically takes several months to over a year, depending on the position of the tooth.

Please read the following instructions carefully and contact our office with any questions.

BEFORE YOUR APPOINTMENT

- Inform our office of any changes to your (or your child's) medical history, including new diagnoses, hospitalizations, surgeries, or allergies since the last visit.
- Provide a complete and updated list of all medications currently being taken, including:
  - Prescription medications
  - Over-the-counter medications (including aspirin, ibuprofen, naproxen)
  - Vitamins, herbal supplements, and nutritional products
  - Inhalers for asthma
- **Allergies:** Please confirm all known allergies, including allergies to medications (especially antibiotics and latex), foods, and adhesives or metals.
- **Heart Conditions Requiring Antibiotic Premedication:** If you (or your child) have a prosthetic heart valve, a history of endocarditis, certain congenital heart conditions, or a heart transplant with valve problems, please confirm with our office that an antibiotic prescription has been arranged. Take the antibiotic exactly as directed, typically 1 hour before the appointment.
- **Bleeding Disorders:** If you (or your child) have a bleeding disorder or take any blood-thinning medication, please inform our office in advance.
- **Orthodontic Appliances:** If braces are currently in place, continue wearing all elastics, headgear, or other orthodontic appliances as directed by the orthodontist until the day of surgery, unless otherwise instructed.

MEDICATIONS — WHAT TO CONTINUE AND WHAT TO AVOID

Continue taking all regular medications unless specifically instructed otherwise.

- **Anti-inflammatory medications:** Unless otherwise directed, avoid aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), and other NSAIDs for 3 days before the procedure, as they may increase bleeding. Acetaminophen (Tylenol) is acceptable for pain relief.
- **Herbal supplements:** Stop taking fish oil, vitamin E (high dose), ginkgo biloba, garlic supplements, and other herbal products that may increase bleeding at least 7 days before the procedure.
- **Pre-operative antibiotic:** If an antibiotic has been prescribed for the procedure, take it exactly as directed — typically 1 hour before the appointment.

ORAL HYGIENE PREPARATION

Good oral hygiene before surgery helps reduce bacteria in the mouth and lowers the risk of infection.

- Brush and floss all teeth thoroughly in the days leading up to the appointment. If braces are in place, use an interdental brush or floss threader to clean around brackets and wires.
- If a chlorhexidine (Peridex) mouth rinse has been prescribed, begin using it as directed — typically starting 1–2 days before the procedure. Rinse twice daily for 30–60 seconds.
- Brush teeth and rinse with chlorhexidine (if prescribed) the morning of the procedure.

THE DAY BEFORE YOUR PROCEDURE

- Get a full night of rest.
- Fill any prescriptions provided by our office (pain medication, antibiotic, medicated mouth rinse) so they are ready for use after the procedure.
- Purchase soft foods for recovery. A soft diet will be needed for approximately 5–7 days. Good options include:
  - Yogurt, applesauce, pudding, smoothies (no straws)
  - Lukewarm soup and broth (not hot)
  - Mashed potatoes, scrambled eggs, macaroni and cheese
  - Ice cream, milkshakes (no straws), Jell-O
  - Pasta, soft bread, pancakes

If an oral sedative has been prescribed to take the night before the procedure, take it as directed.

THE MORNING OF YOUR PROCEDURE

- **If receiving local anesthesia or nitrous oxide only:** Eat a light meal 1–2 hours before the appointment. Avoid heavy or greasy foods. A light meal helps prevent nausea and lightheadedness during the procedure.
- **If receiving oral sedation:** Do not eat or drink anything for at least 6 hours before the appointment, unless otherwise instructed. Take the prescribed sedation medication as directed.

THE MORNING OF YOUR PROCEDURE (CONT.)

- **If receiving IV sedation or general anesthesia:** Do not eat solid food for at least 8 hours before the appointment. Clear liquids (water, apple juice without pulp — no milk) may be consumed up to 2 hours before. Do not drink anything within 2 hours of the appointment.
- Take the pre-operative antibiotic as directed (if prescribed).
- Brush teeth and rinse with chlorhexidine (if prescribed) the morning of the procedure.
- Wear comfortable, loose-fitting clothing with short sleeves or sleeves that roll up easily.
- Remove contact lenses, jewelry, watches, and nail polish.
- Leave valuables at home.
- Arrive 15 minutes early to complete any remaining paperwork.

TRANSPORTATION

- **Local anesthesia or nitrous oxide only:** An adult patient may drive themselves. For patients under 18, a parent or guardian must be present throughout the appointment.
- **Oral sedation or IV sedation or general anesthesia:** A responsible adult MUST drive the patient to and from the appointment. The driver must remain in the office during the procedure. The patient will not be permitted to drive, take a taxi alone, or use rideshare services unaccompanied. A responsible adult must stay with the patient for several hours after returning home.
- **For minor patients (under 18):** A parent or legal guardian must accompany the patient to the appointment, remain in the office during the procedure, and drive the patient home.

IMPORTANT INFORMATION FOR PARENTS/ GUARDIANS

- A parent or legal guardian must sign the surgical consent form before the procedure can begin. Both parents do not need to be present, but the signing parent/guardian must have legal authority to consent to treatment.
- If the parent/guardian who signed the original consultation consent is not the one accompanying the patient on the day of surgery, please contact our office in advance to make arrangements.
- Please discuss the procedure with your child in a calm, reassuring manner. It is helpful to explain that:
  - The area will be completely numb, so there should be no pain during the procedure.
  - A small bracket (like the ones on braces) will be glued to the hidden tooth, with a small chain attached.
  - The orthodontist will later use the chain to gently guide the tooth into the correct position over several months.
  - Some swelling and soreness are normal after the procedure and will improve within a few days.

IF YOU ARE FEELING ILL

If you develop a fever, cold, sore throat, cough, nausea, vomiting, or any new illness before your appointment, please call our office as soon as possible. Your procedure may need to be rescheduled, as illness can increase the risk of complications and compromise bone graft healing.

WHAT TO EXPECT

- The procedure typically takes **30 minutes to 1 hour,** depending on the location and depth of the impacted tooth and whether bone removal is needed.
- The surgeon will make an incision in the gum tissue and, if necessary, carefully remove a small amount of bone to uncover the crown of the impacted tooth.
- A small orthodontic bracket with an attached chain (or elastic) will be bonded directly to the exposed tooth using dental adhesive.
- Depending on the technique used:
  - **Closed technique:** The gum tissue will be repositioned and sutured back into place, with the chain exiting through the gum. The orthodontist will later attach the chain to the braces to begin gentle traction.
  - **Open technique:** A small window of gum tissue will be removed to leave the tooth partially exposed. A surgical dressing (pack) may be placed over the area. The tooth may be allowed to erupt on its own before the orthodontist begins active movement.
- Your surgeon will discuss which technique is planned for your specific case.
- After surgery, the orthodontist will typically begin applying gentle traction to the chain within **2–4 weeks**. The total time to guide the tooth into position varies but is usually **6–18 months,** depending on the tooth's position and depth.
- Detailed post-op instructions and any necessary prescriptions will be provided after the procedure.

WHAT TO BRING

- Photo ID (parent/guardian) and insurance card
- Completed consent forms (if not already signed)
- Complete list of current medications
- Any prescribed pre-medications (antibiotics or sedatives) if not yet taken
- Inhaler, if the patient has asthma
- A responsible adult driver (if receiving sedation or general anesthesia)
- A comfort item for younger patients (stuffed animal, blanket, or music player with headphones)

IMPORTANT REMINDERS

- This procedure is a team effort between the surgeon and the orthodontist. Follow-up appointments with both offices will be necessary.
- Contact the orthodontist's office within 1–2 weeks after surgery (or as directed) to schedule the next orthodontic appointment for activation of the chain.
- **Do not pull, tug, or play with the chain or bracket.** If the bracket or chain becomes loose or detached, contact our office and the orthodontist's office immediately. A second surgical procedure may be needed to re-bond the bracket if it comes off.
- Maintain excellent oral hygiene around the surgical site and orthodontic appliances to prevent infection and promote healing.
- If you fail to follow these instructions, the procedure may need to be postponed for safety.
- If you have any questions or concerns before the appointment, please do not hesitate to call our office.

We look forward to caring for you and working with your orthodontist to achieve a healthy, beautiful smile.