JACKSONVILLE
SURGICAL ARTS
ORAL AND MAXILLOFACIAL SURGERY

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PRE-OPERATIVE INSTRUCTIONS

Full Mouth Extractions

ABOUT YOUR PROCEDURE

You are scheduled for full mouth extractions. This is a longer and more involved procedure than a single tooth removal, so careful preparation is essential for your safety and comfort. Please read these instructions thoroughly and follow them closely.

SEVERAL DAYS BEFORE YOUR PROCEDURE

- Attend your pre-operative consultation appointment if one has been scheduled. This visit allows us to review your medical history, take any necessary X-rays, and discuss your anesthesia and sedation plan.
- Inform our office of your complete medical history, including all medical conditions, previous surgeries, hospitalizations, and any history of problems with anesthesia or sedation.
- Provide a complete list of all medications you currently take, including prescription drugs, over-the-counter medications, vitamins, herbal supplements, and blood thinners.
- Notify our office of any allergies to medications, latex, anesthetics, or adhesive tape.
- Fill all prescriptions provided by our office ahead of time (such as antibiotics, pain medication, anti-nausea medication, steroid medication, or medicated mouth rinse) so they are ready for use immediately after your procedure.
- If you require antibiotic premedication (for conditions such as a prosthetic heart valve, history of endocarditis, or certain congenital heart conditions), confirm with our office that your prescription has been arranged.

MEDICATIONS — IMPORTANT INSTRUCTIONS

- Do NOT stop any medication without specific instructions from our office or your prescribing physician.
- **Blood thinners (such as warfarin/Coumadin, Eliquis, Xarelto, Pradaxa, Plavix, or aspirin):** Do NOT stop taking these unless specifically directed by the prescribing physician in coordination with our office. Stopping blood thinners without medical guidance can cause serious complications such as stroke or blood clots.
- **Bisphosphonates or bone-related medications (such as Fosamax, Boniva, Actonel, Prolia, or Xgeva):** Please inform our office, as special precautions may be necessary.
- **Diabetes medications (insulin or oral medications):** Contact our office for specific instructions about adjusting your medication, especially since fasting will be required before sedation.
- **Steroid medications (such as prednisone or steroid inhalers):** Inform our office, as a supplemental dose may be needed on the day of your procedure.
- If you take antibiotic premedication, take it exactly as directed, typically 1 hour before your appointment.

PREPARING YOUR HOME FOR RECOVERY

Because full mouth extractions involve a longer recovery than a single tooth removal, preparing your home in advance will make your recovery much easier:

- Stock up on soft foods and liquids for at least 1–2 weeks. Good options include:
  - Protein shakes and smoothies (no straws)
  - Yogurt, applesauce, and pudding
  - Broth-based soups (lukewarm, not hot)
  - Mashed potatoes, scrambled eggs, and oatmeal
  - Ensure or Boost nutritional drinks
- Purchase several bags of ice or gel ice packs for managing swelling.
- Have extra pillows available to keep your head elevated while resting.
- Set up a comfortable recovery area with easy access to your medications, water, tissues, and a bowl or basin.
- Arrange for a responsible adult to stay with you for at least the first 24–48 hours after your procedure.
- Plan to take at least 3–5 days off from work or school. Some patients may need up to 1–2 weeks depending on healing.

THE DAY BEFORE YOUR PROCEDURE

- Do not consume alcohol for at least 24 hours before your appointment.
- Do not use recreational drugs or cannabis products, as these can interact with anesthesia and sedation medications.
- Get a full night of rest.
- Confirm your ride — a responsible adult MUST drive you to and from your appointment if you are receiving any form of sedation (oral sedation, IV sedation, or general anesthesia). You will NOT be permitted to drive yourself, take a taxi alone, or use rideshare services unaccompanied.

THE MORNING OF YOUR PROCEDURE

Fasting Instructions (if receiving sedation or general anesthesia):

- Do NOT eat any solid food for at least 8 hours before your appointment.
- You may drink clear liquids (water, apple juice without pulp — no milk, no coffee with cream) up to 2 hours before your appointment.
- Do NOT drink anything at all within 2 hours of your appointment.
- If you are NOT receiving sedation (local anesthesia only), you may eat a light meal 1–2 hours before your appointment.

Medication Instructions on the Day of Surgery:

- Take only the medications specifically approved by our office with a small sip of water.
- If you take blood pressure medication, you will typically be instructed to take it on the morning of surgery with a small sip of water — confirm this with our office.
- If you are diabetic, follow the specific medication instructions provided by our office.
- Take your antibiotic premedication if prescribed, typically 1 hour before your appointment.

WHAT TO WEAR AND BRING

- Wear comfortable, loose-fitting clothing with short sleeves or sleeves that roll up easily.
- Wear flat, closed-toe shoes with non-slip soles.
- Do not wear contact lenses, jewelry, watches, or nail polish.
- Do not wear lipstick or heavy makeup.
- Bring a photo ID and your insurance card.
- Bring your inhaler if you have asthma.
- Bring a blanket or pillow for comfort during the ride home.
- Arrive 15–20 minutes early to complete any remaining paperwork and allow time to settle in.

SMOKING AND TOBACCO

- Do not smoke, vape, or use any tobacco/nicotine products for at least 12 hrs before your procedure.
- Smoking dramatically increases the risk of dry socket, infection, and delayed healing — especially after full mouth extractions. Avoiding all tobacco and nicotine products for a minimum of 2 weeks after your procedure is strongly recommended.

IF YOU BECOME ILL

If you develop a fever, cold, sore throat, cough, nausea, vomiting, or any new illness before your appointment, call our office immediately. Your procedure may need to be rescheduled for your safety, particularly if sedation or general anesthesia is planned.

WHAT TO EXPECT

- Full mouth extractions typically take 1–3 hours depending on the number and complexity of the teeth being removed.
- Most patients receive IV sedation or general anesthesia for this procedure. You will feel drowsy and may not remember the procedure.
- After the procedure, you will rest in our recovery area until you are stable and alert enough to be discharged. This may take 30–60 minutes.
- You will leave the office with gauze in your mouth to control bleeding. Your companion will receive detailed post-operative instructions and your prescriptions.
- Expect significant swelling, bruising, and discomfort for the first 3–5 days. Swelling typically peaks at 48–72 hours and then gradually improves.
- You will be on a soft or liquid diet for at least 1–2 weeks.

IMPORTANT REMINDERS

- Your responsible adult driver must remain at the office during your entire procedure and be available to assist you at home.
- Do not drive, operate machinery, make important decisions, or sign legal documents for at least 24 hours after sedation or general anesthesia.
- Failure to follow these pre-operative instructions — especially fasting requirements — may result in your procedure being postponed for your safety.

If you have any questions or concerns before your appointment, please call our office. We are committed to making your experience as safe and comfortable as possible.