



PATIENT GUIDE

Oral & Maxillofacial Surgery performed under
intravenous sedation

Centre universitaire
de santé McGill



McGill University
Health Centre

WHAT IS INTRAVENOUS CONSCIOUS SEDATION?

- Conscious sedation is an induced state of deep relaxation. This is achieved by administering medications directly into the blood stream during your treatment.
- Medications used for sedation can produce either partial or full memory loss only during the time you are sedated. This loss of memory during the procedure can make it seem that you were “sleeping” during the sedation.
- Throughout the procedure, your vital signs (pulse, blood pressure, respiration and oxygen level) will be closely monitored by the nurse and/or doctor.

INSTRUCTIONS BEFORE SURGERY



- **DO NOT eat** any food starting from midnight on the night before your surgery if planned in the morning, unless contraindicated by your physician.
- **DO NOT drink** any fluids (i.e. water, orange juice, apple juice, etc.) 2 hours prior to your procedure.
- **DO NOT smoke or consume alcohol** for 24 hours before your surgery.
- A responsible adult must accompany you to the clinic and take you home.

Failure to comply with these instructions can jeopardize your well-being and your surgery will be cancelled.

DAY OF SURGERY

- Take your regular medications with a *small* sip of water at their usual time on the day of surgery unless advised otherwise by the doctor.
- Shower, brush your teeth and put on comfortable clothing. Short sleeves shirts are preferred.
- **DO NOT** wear nail polish or contact lenses. Remove any tongue, nose or lip jewelry.
- Asthmatic patients: please bring your inhalers.
- Diabetic patients: please bring your insulin or anti-diabetic medications, and your glucometer if available. Please check your blood sugar prior to the procedure.
- A responsible adult must accompany you to the clinic and take you home.

Please note: on the day of surgery, if you do not have an escort home, your procedure will be cancelled.

INSTRUCTIONS AFTER SURGERY

Before being discharged:

- Bite firmly on the gauze provided to help stop the bleeding before you leave.
- You can change the gauze when you get home or when they feel saturated.
- Remember to remove the gauze before eating and drinking

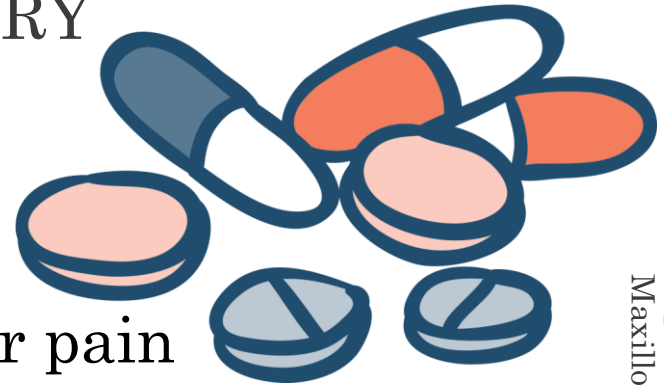
You may have difficulty feeling your lips, cheeks and tongue. This is a temporary feeling from the local anesthesia and will wear off within 2 to 3 hours. **Please be careful to not bite your lips, cheeks or tongue.**

INSTRUCTIONS AFTER SURGERY

PAIN

Your jaw may feel stiff and sore.

- You will receive a prescription for pain medications. Take them as prescribed.
- It is recommended to take your pain medications as soon as you get home, before the local anesthesia wears off.
- Certain pain medications may make you sleepy or drowsy – you should not drive or operate machinery while taking these medications.



INSTRUCTIONS AFTER SURGERY

SWELLING

After the procedure, you may have swelling of the face and something bruising of the skin.

- Swelling can take up to 3 days to fully develop, and can last for 7-10 days.
- You can minimize swelling by:
 - Applying ice packs for the first 48-72 hours, 30 minutes on/off. After you can use warm compresses.
 - Keep your head elevated for the first 48 hours
- If necessary, you may be required to perform mouth opening exercises to regain normal opening.

INSTRUCTIONS AFTER SURGERY

BLEEDING

Some bleeding is normal for the first 24-28 hours after surgery.

- If bleeding occurs, fold a gauze and apply firm pressure to the area by biting on it for 30 minutes.

STITCHES

- Dissolvable stitches are used for most surgeries and will fall out on their own in 1-2 weeks.
- It is normal that the stitches may loosen as the swelling decreases.

INSTRUCTIONS AFTER SURGERY

DIET

- Liquid or soft diet is recommended for the first 48 hours (i.e. pasta, eggs, milkshakes/smoothies, broth, soup, etc.)
- You can resume a normal diet after 3 days.
- Avoid hot foods or liquids, hard and crunchy foods, spicy foods.
- Do not use a straw for the first few days as this can increase bleeding.
- Do not consume alcohol for at least 48 hours after surgery and while taking narcotics and antibiotics.



INSTRUCTIONS AFTER SURGERY

ACTIVITY

- Get a lot of rest.
- Avoid strenuous activity for the next 3 days.
- Keep your head elevated on 2 pillows.

SMOKING

Avoid smoking for the first 12 hours after your procedure. Smoking may cause bleeding and will decrease the healing process. It is highly recommended **not to smoke for at least 3 days** after surgery.

INSTRUCTIONS AFTER SURGERY

HYGIENE

The most important task after surgery is to keep your mouth clean!

- Rinse your mouth after every meal and before bed with luke warm salt water or the prescribed mouth rinse (Peridex or Chlorhexidine 2%).
- You may brush your teeth after surgery but avoid the surgical sites.



INSTRUCTIONS AFTER SURGERY

INFECTION

- You may be prescribed antibiotics, take the full course as prescribed.
- Notify our clinic if you notice the following symptoms, which may indicate an infection:
 - Increased pain or swelling after 5 days
 - Foul taste or odor in mouth
 - Temperature above 38°C



INSTRUCTIONS AFTER SURGERY

DRY SOCKET

- After a dental extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process.
- Dry socket occurs when the blood clot is dislodged from the surgical site, exposing the bone and the fine nerve endings.
- Dry socket affects a small percentage of patients.
- **Increase in jaw discomfort 3-6 days after surgery that is not relieved with pain medications** is a sign of dry socket. Please contact the clinic if you experience this symptom.

To avoid dry socket, follow these precautions:

- Do not smoke
- Avoid spitting or using straws for the first 24 hours
- Avoid excessively rinsing your mouth for the first 24 hours as it interferes with blood clotting

INSTRUCTIONS AFTER SURGERY

DISCHARGE CRITERIA

You will only be allowed to leave the clinic if:

- Your vital signs are stable
- You are fully awake and able to walk
- Minimal nausea, vomiting or dizziness
- Your escort is present in clinic to accompany you home

ORAL & MAXILLOFACIAL SURGERY

CONTACT INFORMATION

During business hours, for any questions or concerns regarding your surgery,

call **(514) 934-8063**

Option: [9 for English] 2 + 5 + 5

After business hours, for any questions or concerns,

Call **(514) 934-1934 ext. 53333**

And request for a resident in Oral and Maxillofacial Surgery (OMFS).

For emergencies, call 911 or present yourself to the Emergency Department at the Montreal General Hospital or at your closest hospital.

For more information, please visit the McGill University Oral and Maxillofacial Surgery website:

<http://www.mcgill.ca/omfs/patient-info>