

# LOCAL ANESTHESIA

with or without nitrous oxide

## INSTRUCTIONS

### Pre-Op:

1. Brush your teeth before surgery. If indicated, your oral surgeon will prescribe you Peridex mouth rinse to use prior to surgery as well.
2. Wear loose fitting and comfortable clothing so that we may place monitors prior to surgery. Any dentures should be removed prior to surgery.
3. If you are planned for a procedure with nitrous oxide ("laughing gas") you may eat a light meal any time before surgery.
4. You do not need a chaperone or a ride to/from your appointment if you are having a procedure with local anesthesia with or without nitrous oxide.
5. Please let your oral surgeon know if you are currently taking any of the following medications:
  - Bone density medication (Fosamax, Boniva, Prolia, Xgeva, etc.) for osteoporosis/osteopenia, multiple myeloma, or other conditions
  - Blood thinner medication (Eliquis, Xarelto, Pradaxa, Coumadin/Warfarin, Plavix, Brillinta, etc.)

### Medications:

1. Take all of your medications normally as prescribed, unless otherwise directed by your oral surgeon.
2. If indicated, your oral surgeon may have prescribed you medications to take prior to surgery.
  - a. Antibiotics (i.e. Amoxicillin, Azithromycin, Clindamycin, Doxycycline, etc.): Take 1 hour prior to surgery with a small sip of water. Continue as prescribed post-surgery.
  - b. Peridex (Chlorhexidine 0.12%) Mouth rinse: Swish and spit 1 hour prior to surgery, do not eat or drink anything afterwards. Continue as directed post-surgery.
  - c. Pain medication (Ibuprofen, Acetaminophen, etc.): Take as directed for pain following your procedure.
  - d. Steroids, if indicated (Medrol/Methylprednisolone): Take following surgery using package instructions
  - e. Anti-nausea medication (Zofran/Ondansetron): Take as directed before and/or after surgery.

### Diet:

Begin with liquids while you are still numb. As the numbing medication wears off, you may start with soft foods and work your way up to regular foods as you start to feel better. Avoid hot, crunchy, and small-seeded foods as these may become lodged in your surgical sites.

You may resume brushing your teeth normally; be gentle around the surgical sites.

### Activity:

You may slowly resume normal activity the day after surgery, unless otherwise directed by your oral surgeon.

At Commonwealth Oral & Facial Surgery, we realize that having any surgery can be stressful. Our desire is to have your post-operative course progress as smoothly as possible.

**QUESTIONS?**  
**CALL 804-354-1600.**