

RALPH W ALMAN, JR, DDS, PA

Wisdom Teeth Scheduling & Pre-Operative Instructions

SCHEDULING CONSIDERATIONS:

- **X-ray & Referral:** Most referring dentists are able to send these electronically. If not, they can be sent or brought to our office. It is preferential to have them before the appointment – all can be added to the electronic chart. Organization is key!
- **Consultation:** Generally dentists we routinely work with have referred our patients - The decision to extract most often has been determined by an experienced dental professional. Dr. Alman is able to review x-rays received to assess the level of difficulty (a treatment plan may be written from this information) & the timing for the surgery will be advised - whether it is best to remove them soon or a year or more later. A consultation is not needed or required unless medical management or the family or patient feels it necessary. Patients with significant anxiety or with special needs may need a pre-surgical consultation.
- **Pain, Swelling, Discomfort:** If present, we will work the patient in as soon as possible. Otherwise, the patient's health, activities, family/school schedule, and healing will be considered in selecting the best day for surgery.
- **Health & Medical History:** The patient's health, history& medications are very important to know ahead of time. Potentially resulting medical management often may be resolved without requiring a consultation before surgery.
- **Activities & Family Schedule:** Selecting the best date to avoid interfering with activities, school, vacations, etc. can be tricky. Consider trips, school, & other family plans/obligations. Discuss this with the patient since they may also have social plans to work around.
- **Post-Operative Limitations:** We will provide more detailed post-operative instructions on the day of surgery.
 - **Day of Surgery:** The patient will return home & rest for the remainder of the day.
 - **Day After Surgery:** Some patients are able to visit with friends, shop, & participate in non-aerobic activities (quiet activity). Do not have serious firm plans where the patient would have regrets if unable to go. The day after should not have expectations – some patients simply need another day of recovery.
 - **1- 48 Hours:** Preventing the blood clots from prematurely dislodging is the concern. Raising the head's blood pressure is to be avoided. Running, working out, lifting weights, bending will potentially cause a dry socket, which is a slow healing condition. It is not an infection.
 - **Swimming:** Do not swim for 3 days – the wounds are healing and the water is questionably clean. Dr. Alman prefers five days of no immersing the head in water. If a patient is a lifeguard – desk duty should be considered. Our office is pleased to provide an excuse note.
 - **Wind Instruments & Singing** - Patients will not be able to participate for 1-2 weeks as they involve the cheek muscles.
- **Once the Appointment has been Scheduled:** The office will email (preferred) forms to be completed in advance as well as information including these instructions. The email will include the directions map, these instructions, the Registration, & Health History (2 pages). Completing the forms & returning them really helps!

ANESTHESIA: Choices for anesthesia will be discussed when scheduling. Over 95% of the wisdom teeth patients have IV sedation/General anesthesia. The patient's Health history, the difficulty of surgery, anxiety, & other factors are involved in the decision process. Patients with an empty stomach (see below instructions, have options for anesthesia on the day of surgery. See the below Pre-Operative Anesthesia instructions.

INSURANCE & PAYMENT: Although the office does not participate as a preferred provider with any insurance company, we will file for reimbursement. A copy of the claim will be provided with the invoice at the end of the appointment. The office accepts credit cards and checks except for American Express.

- **Dental Insurance:** Many dental plans still cover wisdom teeth.
- **Medical Insurance:** From recent experience, only the Federal government medical insurance **may** cover impacted wisdom teeth when there are 2 or more impacted teeth. With Obama Care – plan coverage is rapidly changing & not for the better – new less favorable Federal plans may now be in place.

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“BEST EXPERIENCE POSSIBLE”

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PRE-OPERATIVE INSTRUCTIONS:

- **X-ray & Referral:** Assure that both have been received. Otherwise, bring them to the appointment.
- **Health:** If the patient is ill or congested, call our office to discuss whether or not rescheduling is warranted. Dr. Alman assesses all patients at the surgical appointment.
- **Forms:** Having the forms ahead of time is best. However, you may bring them to the appointment.
- **Consent:** Patients under 18 years **MUST** have a parent or legal guardian present.
- **Anesthesia - IV Sedation or Oral Sedation:**
 - Food & Drink:** **NO solid food for 6 hours prior to the surgery. Only CLEAR "see through" liquids/fluids are allowed up to 2 hours before the surgery. Examples of fluids allowed are coffee (sugar is fine), tea, sodas, & water. Milk and other cloudy (non-clear) fluids are NOT allowed. For the remaining 2 hours before surgery, absolutely NOTHING to eat or drink** including no candy & gum. In hot months, the patient should drink a full glass of water 2 hours prior to surgery.
 - Clothing:** Wear comfortable clothes with either short or push-up sleeves. Do not wear flip-flops. Outer wear should be zip-up or buttoned to avoid pulling items over the head after surgery.
 - Medications:** Routine medications may be taken with a minimal amount of water – please inform our office of all medications prior to arrival.
 - Teeth Brushing:** Brushing is fine before surgery – do not drink the water.
 - Escort/Ride Home:** A trusted escort is needed to drive the patient home.

SURGERY:

- **Parking:** There is metered parking on the street & the county is aggressive with ticketing. Allow for 2 hours. The building has parking inside as well. The office does not validate for parking.
- **Arrival:** The patient will be asked to use the restroom. A follow-up appointment will be made before the patient is seated for surgery.
- **Pre-surgical Assessment & Consultation:** Dr. Alman will review the health history, the X-ray, the surgery, benefits & risks with the patient & family & obtain surgical consent. The escort will be asked to remain in the reception area during the surgery.
- **Length of Time:** Most surgeries last for $\frac{3}{4}$ - 1 hour. The total time in our office will be between 1 $\frac{1}{2}$ - 2 hours.
- **After Surgery:** The patient will be moved to the recovery room. The paperwork will be prepared, payment collected, & copies of any insurance claims filed will be provided before the patient is discharged.

AFTER SURGERY:

- **Post-Operative Instructions:** Both oral & written instructions will be given including Dr. Alman's mobile number for contacting him after office hours.
- **Medications:** Medications will be given at no charge to help avoid a pharmacy visit. Occasionally, a prescribed medication or additional days are anticipated. Then written prescriptions will be made.
- **Foods:** Shopping & preparing for home care is helpful.
 - **CALORIES & FLUIDS ARE CRITICAL FOR HEALING!**
 - Temperature for foods the 1- 24 hours: Warm, Cool, & Cold.
 - The S's of Oral Surgery: SOFT, SLOPPY, SOGGY, SQUISHY, SMUSHY, SPOON-IN FOODS – NO STRAWS (straws create suction & may cause bleeding & the pre-mature dislodging of the blood clots)
Suggested Foods: ice cream, milk shakes, soups, stews, noodles, eggs, yogurt, pudding, applesauce, mac & cheese, grossly overcooked vegetables, protein drinks, fruit smoothies, & mashed potatoes. Be creative! Blended foods are suggested.
- **Dr. Alman calls his patients the evening of the surgery. He is available after hours at 301.717.4315.**
- **Follow-up Appointment:** Unless there are time constraints or other such circumstances involved, a brief (10-15 min) appointment approximately 1 week after surgery will be scheduled. This is a quick & easy visit.
 - Dressings placed in the lower wisdom tooth socket(s) will be removed & then irrigated. If a dry socket(s) has developed, another dressing will be placed & a 2- follow-up appointment will be scheduled. For lower sockets, a plastic syringe for flushing debris will be demonstrated & dispensed.
 - Any questions or concerns will be addressed.

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