



## Stonewood Hills

Oral Maxillofacial Surgery

Rocky D. Cullens, DDS

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### Pre-Operative Instructions

- **Do NOT eat or drink anything 8 hours prior to your surgery**
  - **You must have a driver**
  - Do not wear contact lens or jewelry
  - Drink 8 glasses of water the day before surgery
  - Wear comfortable shoes
  - You may also want to bring a blanket
  - It is important to have all prescriptions filled prior to surgery
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### Day of Surgery

- Remember to remove all jewelry, contact lenses, and leave personal belongings with your driver before being taken back for surgery
- Patient will be brought out to car by wheelchair after surgery
- Driver will need to pick patient up at the back of the building  
\*See map on reverse side

## Post-Operative Instructions

- Take all medications as prescribed
- Keep head elevated – do not lay flat for at least the first 24 hours
- Use ice to help with swelling the first 24 hours
- Reduce activity for 3-5 days. Your body needs rest to heal.
- Do not smoke for at least 24 hours
- It is normal to have fever spikes up to 101 for 2 days after surgery. Do not take temperature in the mouth, only under the arm
- Soft food diet for the first three days
- Call us at 918-921-9003 if you have any complications

