



Information sheet: Preparation for surgery and nutrition

For patients undergoing even the most minor surgery, following the simple suggestions below will help you to prepare for the day of your surgery and allow the best healing afterwards.

The week before

- **If you are a smoker, please STOP.** This single action will dramatically improve the outcome of any surgery and improve success rates significantly. (If you are not a smoker, please do not start!). Please also avoid alcohol and all recreational drugs for at least three days before surgery.
- If you take any blood thinning medication such as **warfarin, rivaroxaban, apixaban or dabigatran etexilate** please arrange to have an INR (International Normalisation Ratio) measurement with your GP. Normal INR is 1.00 for patients not taking medication. For those on blood thinning medication INR should ideally be between 2.0 and 2.5 and no higher than 2.9 for most dental surgery procedures to reduce risk of prolonged post-operative bleeding. Please also inform us if you are taking antiplatelet medication such as **aspirin** or **clopidogrel** which can also prolong bleeding. These drugs used at therapeutic levels will not normally prevent you from having minor oral surgery procedures, but we do need to know about them. PLEASE DO NOT DISCONTINUE THESE MEDICATIONS WITHOUT MEDICAL ADVICE FROM YOUR GP.
- Ensure that we have the full list of your normal medication and your medical history with us is up to date if there have been any changes. This can be updated on our website http://www.lciad.co.uk/Patient_Questionnaire/ and we would ask you to update your medical and drug history pre-operatively before your surgery.
- If you take any of the following herbal medication, please discontinue for at least seven days preoperatively: *Black cohosh, chamomile, feverfew, fish oils, garlic, ginkgo biloba, ginseng*. More information on herbal medication that can affect surgery can be found at the following link:
http://www.openanesthesia.org/herbal_medicines_anticoagulation_effects/#
- Eat healthily and adequately and start taking a proprietary **one-a-day multivitamin and iron supplement** to ensure that you are not deficient in any of the vitamins or minerals required for good healing. Patients are commonly deficient in Vitamin D which may affect bone healing, especially in the winter and if they also have a high LDL cholesterol. We may advise blood tests at The Doctors Laboratory in Wimpole Street to evaluate your general health if we feel that your healing after surgery may be problematic or you have a history of previous problems with healing after extractions or dental surgery.



- **Keep your lips supple** by applying lip balm or cocoa butter daily for a few days before the surgery. Your lips can be stretched somewhat during surgical procedures and the better moisturised they are more comfortable they will be afterwards. **Please do not apply anything to your lips on the day of surgery itself.**
- If you are prone to suffer from **cold sores**, any anticipated stress before surgery, local anaesthesia or the actual surgery itself can trigger cold sores. Zovirax (acyclovir) ointment applied to the area where you normally develop cold sores 12 hourly for 48 hours before and after your surgery may help reduce the incidence of cold sores. If you have an active cold sore on the day of surgery, we will almost certainly need to postpone the procedure to reduce the risk spread of the virus through water aerosol, which can cause serious viral eye infections in patients and surgery staff alike. **If you feel a cold sore coming on before surgery, please let us know as soon as possible.** We can also prescribe oral acyclovir tablets to suppress cold sore onset if you are prone to frequent cold sores.
- Arrange a dental hygiene appointment 1-2 days before the surgery. It will ensure that your mouth is as clean and plaque-free as possible and that your gums are as healthy as possible prior to surgery. Starting to use Corsodyl or Curasept (chlorhexidine) mouthwash twice a day at this time will ensure that the bacteria levels in your mouth remain as low as possible at surgery. *(Please do not use this mouthwash if you have a previous allergy or reaction to products containing chlorhexidine and inform us so that we do not use this on you during surgery).*
- Ensure you get enough rest and sleep.
- Shop for any food that you are likely to need after surgery, as recommended below, so that you have about a week's supply at home.
- Arrange for someone to pick you up from the practice after surgery and remain with you for at least 24 hours. We will normally arrange a complimentary taxi for you if nobody is available to pick you up. If you are responsible for any young children or pets, please arrange for a responsible adult to look after them for a day or two after surgery.
- Please note that if you are having sedation it will be necessary for an adult to collect you from the surgery to escort you home and remain with you for the rest of the day.

The day of surgery

- Have a light, healthy breakfast **unless you are having sedation** in which case our anaesthetist will normally recommend that you do not eat or drink for six hours before your appointment. Take your normal medication, if any, as prescribed with a small amount of water if indicated.
- Do remove and do not reapply lip balm, Vaseline, lipstick or nail varnish and remove any facial jewellery (earrings, piercings etc) before attending the practice.



- If you have a moustache or beard, we would recommend shaving it off a day or two before the surgery or at least reducing the bulk of facial hair to reduce the potential for contamination of the surgery site during surgery. Those with very full or long beards or moustaches should arrange for a beard net if they feel strongly about not shaving for personal or religious reasons. Please be aware that the presence of excessive facial hair may compromise surgery outcomes and lead to a higher risk of infections.
- Brush and floss your teeth as normal. If we have given you antibiotics to start taking before your surgery, please take them as prescribed.
- Plan to arrive at the surgery in plenty of time. If you are unavoidably late, do not get stressed since we normally book more time for your procedure than we need. However please let us know if you can as soon as possible on 020 7323 3041 or by e-mail to info@lciad.co.uk if you will be late.

After surgery - post-operative care and nutrition

We will give you detailed post-operative instructions on a separate sheet depending on the procedure that you are having (these information sheets are also available from the website to download at www.lciad.co.uk). The mouth is remarkably good at healing itself if looked after and serious complications are uncommon. However delayed healing or infection can compromise the work that has been done and the results achieved.

After oral surgery, your body needs good nutrition for healing. If you are unable to eat enough of the right food, you may lose weight and not heal as quickly. Some patients look forward to weight loss as a post-surgery "bonus" but this is the wrong time to diet. Your body demands calories and protein for healing. You need enough nourishment to recover quickly and to avoid unnecessary problems, such as delayed healing, higher risk of infection and tiredness.

Good nutrition is important after surgery in the mouth – just when eating can present a short-term problem. Chewing can be difficult and uncomfortable when you are recovering from extractions or other oral surgery, though this is normally for a short period of a week or so.

Concentrate on soft foods such as:

Savoury	Sweet
Creamy soups	Milky puddings
Pasta	Mousses, crème caramel, yoghurt, fromage frais
Omelettes	Ice-cream
Fish (de-boned)	Porridge
Beans	

Try to **avoid** food with a variable hard/soft consistency such as:

- nutty cereals,



- popcorn,
- hard chocolate
- salty or spicy foods,
- acidic fruits and juices (especially citrus),
- coarse and dry foods such as crisps, toast and dry biscuits
- alcohol, especially spirits, which may also interact with antibiotic medication.

Vitamins, Natural Remedies and Nutritional Drinks

Antibiotics and analgesics as well as surgery itself can deplete the body of nutrients, so a multi-vitamin / mineral supplements with iron can be especially helpful. Vitamins and dietary supplements should be taken with meals for optimum absorption.

If taking a course of antibiotics after your procedure, we would advise daily natural yoghurt or proprietary pharmaceutically tested probiotics to replenish lost gut bacteria and yeasts. Health food stores such as Revital Wigmore or Holland and Barrett* can advise on the ideal formulation if you also have specific dietary preferences.

Arnica has been subjectively reported to help minimize post-operative swelling and bruising. Whilst the medical literature is equivocal about the effects of arnica, taking it before and for a week or so after any surgical procedure appears to make a significant subjective difference to many of our patients. However, there is also some evidence to suggest that they may increase the risk of bleeding during and immediately after operations, so it should be taken with caution especially if you are also taking anti-inflammatories and / or blood-thinning medication.

There are now many nutritional drinks available to help when eating is difficult. To protect your health at this critical time nutritional experts have developed medical nutritional meal replacements. If your surgery is likely to limit your eating for more than a few days, we will recommend or provide a suitable nutritional drink for you after your procedure.

LCIAD 2020: This information sheet contains general information and must be read in conjunction with your personalised treatment plan, which gives specific advice.

*There is no association between LCIAD and Revital Wigmore or Holland and Barrett, but we have used them as examples close to the practice:

Revital Wigmore 22 Wigmore Street Marylebone London W1U 2RG 020 7631 3731	Holland and Barrett 104 Marylebone High Street Marylebone London W1U 4RR 020 7935 8412
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