

# Planning Your Visit & Pre-Operative Instructions



Dr. H. Ryan Kazemi  
Oral & Maxillofacial Surgery

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We want your visit to be a special experience and to serve your needs in every way possible. If we can be of any assistance during your visit, please let us know.

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## Keeping you on time for your appointment

Your time is important to us. With our "3-minute" rule, you will be seen on time or within 3 minutes of your appointment time. Your appointment is reserved specifically for you. Therefore we ask you to arrive on time.

- Plan to **arrive 15 minutes before your appointment** unless otherwise advised.
- Save time by completing **registration forms online** prior to your appointment
- Bring any X-rays and referral forms provided by your dentist (unless being sent by your dentist)

## Pre-Registration

Save time by completing your forms prior to your visit. You may complete them [online](#) or **print** the forms and email to [patientcare@facialart.com](mailto:patientcare@facialart.com)

## Cancellations / Rescheduling

Your appointment is specifically reserved for you. While unforeseen circumstances may come up, please schedule your appointment carefully to avoid cancellations and a possibly a long wait for another appointment.

- Make prior arrangements with work or school
- Arrange an escort or other transportation means
- If you must cancel, provide us with **48 hours** prior notice

## Medical Precautions

On your registration form, please indicate all medical conditions, medications you take, and allergies. For some individuals, a pre-surgical medical consultation with your physician may be required. In such circumstances, a pre-surgical medical recommendation form must be completed by your physician. We will provide you with the form if necessary.

## Financial Preparation

**All fees are due prior to service.** Fees, payment options, and financial matters are discussed during your consultation open completion of a treatment plan. If you are planning for surgery on the same day as your consultation, please come prepared with a form of payment, which is due on the day of service.

We accept cash, credit cards, and check. All checks require verification with the bank. Returned checks with insufficient funds are subject to a \$50 bank fee and cancellation of any scheduled appointments. A signed financial agreement by the guarantor (individual responsible for payments) is required for all services. If the financial guarantor is not present during your visit, a prior arrangement with necessary forms can be made.

**We do not participate with any insurance plans and are out-of-network.** We are also opt out of medicare. We do accommodate all PPO insurance plans and can assist you with obtaining your maximal available benefits with self-reimbursement directly from your insurance company. We will provide you with the necessary claim forms and documents for submission and processing of any available benefits. Because the insurance policy is an agreement between you and the insurance company, you are directly responsible for all charges and fees not covered by your plan. We cannot guarantee any benefits or coverage as each claim is processed and considered by your insurance company. Insurance benefits are based on individual plan policies, terms, UCR (Usual & Customary Rates) which may be different than our fees, deductions, and exclusions. You may request a pre-treatment estimate for exact benefits offered by your insurance company.

We also offer short- and long-term interest-free payment plans for pre-approved clients. To apply, see [www.lendingclub.com](http://www.lendingclub.com) or [carecredit.com](http://carecredit.com)

## Necessary X-rays

X-rays are necessary for proper diagnosis and planning for your surgery. There are three types of X-rays:

- **Panorex:** Indicated for wisdom teeth, multiple extractions, dental implants, bone grafting, and some biopsy procedures.
- **Peri-apical X-ray** (small dental X-ray): Adequate for non-wisdom teeth extractions.
- **CT Scan:** Necessary for all dental implant procedures, bone grafting, jaw cyst, deeply impacted wisdom teeth, teeth with extensive infection, and other conditions that effect bony structures.

### Important information about X-rays:

- If you have existing X-rays from your dentist, you may have them sent to us electronically, or you may bring a copy with you to your appointment.
- X-rays must have been taken **within 6 months** of your appointment.
- Any necessary X-rays can be obtained in our office using state-of-the-art digital technology

## Preparing for Surgery / Pre-Operative Instructions

### For Patients Having IV Sedation:

- **Clothing-** Wear loose, comfortable clothing with sleeves that can be easily rolled up If you are having IV sedation.
- **Transportation-** Arrange to have someone at least 18 years old to accompany you to your surgery appointment and drive you home afterward. You may be drowsy for awhile after anesthesia, and driving yourself is unsafe.
- **Diet-** If intravenous anesthesia will be administered, do not eat or drink, including water, **for at least 8 hours prior to your surgery** appointment.
- **Do not** wear contact lenses
- **Do not** smoke for at least 48 hours before anesthesia
- **Do not** wear eye makeup or lipstick
- **REMOVE NAIL POLISH ON AT LEAST TWO FINGERS ON EACH HAND**
- **Medical Conditions:** Please alert the office prior to your surgery if you have any medical conditions that may be of concern (i.e. diabetes, high blood pressure, artificial heart valves and joints, rheumatic fever, etc.) or if you are on any medication (i.e. heart medications, aspirin, anticoagulant therapy, etc.)
  - **Asthmatic Patients-** Please bring your inhaler with you on the day of surgery.
  - **Diabetic Patients-** If you are insulin dependent, please take 1/2 of your normal dosage the morning of surgery.

### All Patients (IV sedation, Nitrous Oxide, or Local Anesthesia)

- You may Take 600 mg of Ibuprofen 1 hour before you're scheduled surgery (**WITH SMALL SIP OF WATER**). This pre-surgical dose will diminish post-operative pain
- **Medications-** Adhere to any current medications schedule prescribed by your physicians or surgeon at our office prior to surgery. Your surgeon will explain any medication relevant for your upcoming surgery. Any current medications may be taken on the morning of surgery with a **SMALL SIP OF WATER**
- **Blood pressure medications:** Take as routine prior to your surgical procedure.
- **Steroid Medications-** On the morning of surgery, double you normal dosage.
- For Patients with a **heart murmur or prosthetic joints** requiring antibiotic prophylaxis, prescribed antibiotics should be taken 1 hour before surgery.
- **Anti-coagulants (blood thinners):** Per instructions and consultation with your physician, stop the anti-coagulant medications 3-5 days before surgery (The exact interval is based on type of medication)
- **Vitamin D Supplementation:** Patients undergoing significant bone grafting and dental implant treatments are recommended to take daily recommended dose, starting 2 weeks before surgery and continue for 3-6 months after surgery. This medication is available over the counter.

## Other Preparations

**Prescriptions:** You will be given pain medications and antibiotics for use after your surgery. Get your prescriptions at your consultation and have them filled. We can provide the medications for convenience and save you a trip to the pharmacy. Either way, it's a good idea to have them ready at home. If you have existing pain or infection, you may be directed to start the antibiotics and pain medication as needed.

**Food:** Prepare some foods beforehand, like soups, shakes, ice cream, mashed potatoes, eggs, yogurt, and pasta, or rice. Drinks or shakes with high protein, carbohydrates, and vitamins will provide you with adequate nutrients for a smooth recovery. Have plenty of juice on hand and soda, which can help with nausea.

**Easy Access to Essential Things:** It's a good idea to place essential things you might need near your bed so you don't have to get up frequently following surgery. This is especially important if you live alone. Some items to keep close by include: medications, gauze, tissues, water, drinks, a phone, a good book, your laptop, TV remote control, and DVDs.

## What to Expect on the Day of Surgery

Please arrive fifteen minutes before your scheduled surgery. Our coordinator will greet you, answer last minute questions, and complete any remaining forms and transactions. Our friendly and personable nurse will also greet you to help reduce your anxiety and escort you to the treatment room.

If you plan to have IV sedation, nitrous oxide gas is a great way to get comfortable right before the oral surgeon starts an IV. This is probably the most anxious part for most people, yet by far, the simplest and most painless. Our assistants will place vital monitors on, including a blood pressure cuff, pulse oximeter (measures oxygenation level), and EKG pads. Oxygen will be administered through a nasal mask along with lots of smiles and tender care from the team. The anesthesia medications will be given through the IV line. A minute or two later, you'll feel quite tired and sleepy. Once you are completely asleep and comfortable, the surgeon will administer local anesthesia to numb the extraction areas.

A rubber bite block will help to keep your mouth open while you sleep. It will also protect the TMJ by preventing excessive pressure during surgery. The surgeon will then perform the surgery as planned, with the assistants' help. Sutures will be placed to close the surgery site to improve the healing process. It is standard practice to always have sutures on the lower wisdom teeth while they are optional on the upper teeth. The sutures may be either re-absorbable, which dissolve in five to seven days or require removal. Both types work well, and selection is based on the surgeon's preference. If you cannot return for suture removal, re-absorbable sutures should be used.

You shouldn't worry about waking up in the middle of surgery. Anesthesia medications will be given as needed to make sure you remain asleep and comfortable. At end of the surgery, you will awake to a tap on your shoulder, and a gentle voice saying: "Hi, can you open your eyes?" The surgeon will reassure you that surgery is finished, and everything went well. Monitors and IV will be removed, and you will be escorted to the recovery room. A few minutes later, your loved ones can keep you company as you recover from the anesthesia.

## Follow-up Visit / Call

The follow-up visit is usually a five-minute visit to evaluate healing, remove sutures if necessary, and give other recommendations for continued healing.

## What to Expect Immediately After Surgery

If IV sedation was administered, you will awaken shortly after surgery and be escorted to the recovery room. Your mouth will feel numb from the local anesthesia, which will help keep you comfortable and pain-free. To help reduce bleeding, you'll bite down on gauze, which will be replaced periodically by the assistant. Most people rest for 20 to 30 minutes before being ready to go home. During this time, you will become increasingly awake and alert and gradually able to stand up by yourself. Rarely, nausea or vomiting may occur. If it does, it often resolves spontaneously. You may be given some pain medication which will begin to work as the numbness wears off. This will help to keep you comfortable in the coming hours.

When you are ready to go home, the assistant will review detailed post-operative instructions with you and your escort, both verbally and in written form. You will be given a home-care kit that contains gauze, ice packs, written instructions, office contact information for questions or emergencies, and an appointment card for a follow-up visit. You will then be escorted to the car.

## Recovery Considerations for Different Procedures

**Wisdom teeth or other teeth extractions:** Most people take 1-2 days to rest before getting back to some routine activities. You will experience some discomfort for 3-5 days, typically subsiding by day 7. Take your pain medications as directed. Depending on type of wisdom teeth extraction (whether impacted or not) you may experience swelling which reaches its peak in 24-36 hours after surgery and will gradually diminish over 5-7 days. Make sure to place ice on face for the first 24 hours. You may also experience some tightness and difficulty opening mouth. This usually resolves in 7-10 days after surgery. Facial bruising may also occur which will appear as blue/yellowish skin discoloration. The discoloration may appear to move down the skin over the neck region and onto the chest area. This usually resolves over 7-10 days.

**Dental Implant Surgery:** Dental implant surgery is usually minimally invasive with relatively quick recovery. Pain is usually minimal and well managed with over the counter pain medications such as Tylenol or Advil. You will have prescriptions for stronger pain medication should you need it. Swelling is possible which will peak in 24-36 hours after surgery and gradually diminishes over 5-7 days. Make sure to place ice on face for first 24 hours. If you had grafting along with your implant surgery, then expect more swelling and discomfort in addition to possibility of increased bruising. Follow the post operative instructions that will be provided to you after surgery.

**Bone grafting:** With bone grafting (onlay bone graft, sinus lift, or other forms of bone augmentation surgery), expect more pain which is effectively alleviated with your prescription pain medication. Pain usually lasts for 4-7 days and gradually diminishes by one week. You will experience marked swelling which peaks in 24-36 hours after surgery and gradually diminishes over 5-7 days. Make sure to place ice on face for first 24 hours. Facial bruising may also occur which will appear as blue/yellowish skin discoloration. The discoloration may appear to move down the skin over the neck region and onto the chest area. This usually resolves over 7-10 days. Difficulty opening mouth due to tightness is not unusual. This usually resolves over 7-10 days. Plan to rest for 2-3 days after surgery and follow the instructions that will be provided to you after surgery.

## About Your Recovery

### As you prepare for your planned oral surgery procedure, please note the following important information about your recovery:

- General recovery, degree of post-operative discomfort, swelling, and return to normal activities varies greatly from individual to individual and different procedures.
- For minor procedures including simple extractions, dental implants, and biopsies, the recovery is generally quicker with less discomfort and either no or minimal swelling. Most patients may return to work or school within 1-2 days.
- For more significant procedures such as surgical extractions, removal of impacted teeth, and bone grafting procedures, EXPECT longer recovery, more discomfort, more swelling, tightness in opening, and longer return to normal state of being and activities.
- **Post-operative pain** generally resolves in 3-7 days after procedure in most patients. But keep in mind that for more invasive procedures, this may take longer. Also, every individual has a different pain threshold and it is impossible to predict the amount of experienced pain. We will provide you with all the options for pain medications so you can determine what works for you best.
- **Any post-operative swelling** maximizes in 48-72 hours and then gradually diminishes in 7-10 days, and then almost completely resolves in 2 weeks.
- Return to pre-operative state of being and normal activities varies greatly from individual to individual based on physical, physiological, and emotional factors. Some patients return quicker within 1-2 days while others may experience up to 7-10 days before they are feeling 'normal' again. Keep in mind that surgery has a different impact on each person and is a highly individualized experience.
- While recovery can be different for each individual, we hope this information can help you better prepare for your planned procedure.

### Post-Operative Pain Management:

- Most patients experience mild to moderate discomfort and may only need non-narcotic medications or low potency opioids for effective relief. Others may experience higher levels of pain requiring more potent narcotic pain medications.
- You may take 600 mg Ibuprofen 1 hour before your procedure (with small sip of water) to decrease post-operative pain.
- If you have low pain threshold and need more potent narcotic analgesics, please let us know. We only prescribe such medications if specifically requested.
- For more detailed information on pain management, check out our website.
- **Swelling:** Post-operative swelling is certainly possible depending on type and scope of procedure. We will advise you on its extent during your evaluation. Swelling generally maximizes 48 hours after surgery and gradually diminishes over 10-14 days.
- **Diet:** Soft / liquid diet is generally recommended for 5-7 days, but may be extended to 2-3 weeks depending on type and scope of your specific surgery. We will provide you with a personalized recommendation as necessary.
- **Activities:** It is best to take it easy for 1-2 days for most procedures. Sport activities can resume in 5-7 days as you feel more comfortable. Traveling after any surgery is safe, but we do recommend to rest for 1-2 days.
- We hope to make recovery as fast as possible. If you have any specific questions, please contact us at 301-654-7070. You may also visit our website for complete post-operative instructions.

**[See our website for complete review of post-operative instructions](#)**

## About Dr. H. Ryan Kazemi



**Dr. H. Ryan Kazemi** is an oral and maxillofacial surgeon certified by the American Board of Oral and Maxillofacial Surgeons. He received his dental degree from the **University of Pennsylvania School of Dental Medicine** in 1990. Following a one-year internship at the **Albert Einstein Medical Center** in Philadelphia, he pursued surgical training at **Washington Hospital Center** in Washington, DC, where he received his certificate in Oral and Maxillofacial Surgery. Dr. Kazemi has practiced in Bethesda, Maryland, since 1997, providing a full spectrum of oral and maxillofacial surgery procedures with emphasis on extractions, dental implants, bone grafting, and corrective jaw surgery.

Dr. Kazemi is a **diplomat of the American Board of Oral and Maxillofacial Surgeons**, and an active member of the **American Association of Oral and Maxillofacial Surgery**, American College of Oral and Maxillofacial Surgery, Academy of Osseointegration, American Dental Association and Entrepreneur Organization.

He has served as the founder and president of several dental and implant study clubs in the Washington DC area. Dr. Kazemi has published and lectured extensively on dental implants, bone grafting, and practice management. His newsletter, To-The-Point, is read by more than 5,000 dentists every month. He is also the founder **Facialart Dental Forum**, an online educational site for dental professionals. Additionally, he is a regular contributor, author, and presenter for **DentalXP** and **Vumedi**.

Dr. Kazemi served as the team oral and maxillofacial surgeon and dentist for **D.C. United**, the major soccer league team in Washington, DC and provides care for the **US national soccer team** athletes as well as the members of Washington Spirit. He is a passionate triathlete having completed more than 150 races, including five Ironman competitions.

- Full time oral and maxillofacial surgery practice in Bethesda, MD
- Board-certified oral and maxillofacial surgeon
- Surgical training at the Washington Hospital Center
- Graduate of University of Pennsylvania, School of Dental Medicine
- Founder and director of **Facialart Dental Forum**
- Author: books, articles, and blogs
- Teacher, practice coach, and lecturer

 **Kazemi** ORAL SURGERY & DENTAL IMPLANTS **SCAN ME!**

