

Stephen R. Evans DDS PA

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Emergency Contact: Dr. Evans, [903-413-2130](tel:903-413-2130); Kay, [903-570-6479](tel:903-570-6479)

Potential Service Options.

- € Review of Dental History and Phone Consultation
- € Radiography 3D Cone Beam Scan
- € Oral Examination and Consultation
- € Preventive Oral Care and Patient Education
- € Non Sedation General Dentistry
- € Sedation General Dentistry
- € Non Sedation Surgery
- € Sedation Surgery
- € Sleep Study
- € Orthopedic/ Orthodontic
- € Deep Scaling, laser Periodontal Therapy
- € Non-Metal Implants

Pre-Surgical Protocols and Pre-Anesthesia Instructions —Please read and clarify any questions

You will be asked to sign and acknowledge that you have read and agree to the following:

In Anticipation of Dental Services Requested, It Is To Your Advantage to Please Provide:

1. A **completed** new patient packet including medical dental history, any recent (clear and within the past year) radiographs, diagnosis, suspected illness, weakness, difficulty healing and past traumas and/or surgeries.
2. A **detailed account** of any drugs recently taken or prescribed (especially sleeping drugs, tranquilizers anti-depressants, birth control, bisphosphonates/diphosphonates or cortisone preparations).
3. A **detailed account** of any known drug allergies, allergic reactions, chemical sensitivity, latex allergy, or other drug reactions. (All details are vital for your safety and needed prior to your phone consultation and oral examination appointments to estimate time requirements, expedite first available appointment, maximize accurate/effective communications, clarify and understand all information to minimize time/ costs). You will be signing all forms in advance

Your Pre-Surgical Pre-Sedation Preparations Help You:

1. In preparation for your phone consultation, please make a list of all your potential questions in advance and clarify the amount of time you will need for the consultation. **Please specify your needs, limitations and expectations in advance so that all necessary preparations will be available for you.**
2. **Do not take any food or drink for at least 6 hours (and preferably 8 hours) before the sedation surgery/anesthetic appointment** to insure that the stomach, bowels and bladder are empty. If you have an appointment in the morning, do not eat or drink after midnight. If you have an afternoon appointment, you may eat an early, small, light breakfast such as fruit, juice, toast without butter, non-fried eggs, oatmeal or other cereal without milk. Drink some electrolytes with your last meal. No alcoholic beverages.
3. The last meal should be light, easily digestible and contain no fats, fried food or milk products.
4. Arrive 10-15 minutes before your scheduled appointment time to use the restroom, clarify any questions and relax.
5. Wear comfortable modest clothing with short sleeves to accommodate sedation and monitoring equipment.
6. Do not wear nail polish or artificial nails. It may interfere with the finger monitor. .
7. **Make arrangements for a responsible adult to provide both transportation and post-surgical care** following your appointment. Please select someone who understands your needs and is supportive of your choices and will provide positive enthusiastic encouragement to help you with your healing process.
8. Bring your medical and dental insurance cards. While we do not process insurance, we provide CPT codes etc.

9. If you become ill or contract any symptoms such as a sore throat, fever blisters, cold sores, etc., or have **any other situation arise that requires rescheduling your appointment, please notify us at least 48 hours in advance as there are others who need appointments and we will make every effort to reschedule you. Any no-show situations will be billed.**
10. If you have any concerns with incontinence or weak bladder, **please bring a change of clothing** and let the staff know if you need to use the bathroom.
11. Bring a smoothie or juiced fruit / vegetables or soup to drink after your surgery or we have a meal replacement here for you or some organic chicken broth. Please carefully read and follow all Post-Surgical Instructions.

Typical Supplement & Medication Recommendations - One to Two Weeks Prior To Appointment

1. Since most patients are referred by medical or dental professionals and travel great distances, we encourage you to contact your local health care professional regarding your medical follow up care and give them our contact information if you would like them to coordinate your care with us. We also have a number of research articles for patient education. Follow the advice of your referring medical practitioner for preparing your body for dental care and/or call this office for any of the typical recommendations that most medical doctors suggest in preparation for your oral surgery.
2. Drink 1 - 2 oz Electrolytes per day (diluted with water or milk – not juice - to taste). Drink them with the last meal before surgery. Baking soda rinse 1Tsp in one cup of water at night before bed to help alkalize mouth.
3. Consider; Neo-40, Olive Leaf Extract or any essential oils that are natural antibacterial/anti-infective agents.
4. Do not take aspirin or aspirin-like compounds (Motrin, Bufferin, Nuprin, Aleve, Ibuprofen, etc.)
5. Do not take oral Vitamin C 24 - 48 HOURS prior to the appointment.
6. Discontinue aspirin and any medications containing aspirin for two weeks prior to your surgical appointment, unless instructed by your physician not to discontinue medications.
7. Discontinue Advil or any other non-steroidal anti-inflammatory medications one week prior.
8. Discontinue Vitamin E one day prior to your surgical appointment
9. Inform the office if you are taking any anticoagulant medications i.e., Plavix, Coumadin, etc.
10. Take any prescribed antibiotics as directed for heart murmur or mitral valve prolapse. If our office prescribes an antibiotic for your surgical treatment, we ask that you begin taking it the day prior to your surgical appointment.
11. Take all routine medications as directed by your physician and make an appointment follow up with your health care provider.

Oral Care Recommendations Prior to Dental Services

1. It is important that the teeth, tongue, gums and entire oral cavity be as clean as possible prior to your appointment to insure your optimal potential for positive results.
2. If there is plaque or calculus build-up on your teeth, have your teeth cleaned by a dental hygienist.
3. If it is necessary to deep clean your teeth prior to your dental services, Dr. Evans will be performing the vital deep cleaning and it will increase the amount of time to complete your dental care resulting increased costs.
4. Pay particular attention to your daily oral hygiene at least one to two weeks preceding the appointment. This includes brushing thoroughly 3 or more times per day, flossing thoroughly one or more times per day, using an electric toothbrush or oral irrigating device, a tongue scraper and rinsing with baking soda. Use an oral anti-microbial rinse that does not contain alcohol or fluoride. We have; Dental Herbal Company's rinse and tooth paste, Perio Science Antioxidant Gel, Lypospheric Vitamin C, and other healthy nutritional choices.
5. Make sure to cleanse your oral cavity thoroughly immediately preceding your appointment.

Please provide the name and contact information of your referring health care practitioner who you want Dr. Evans to confer and work with both prior to and after your dental care. _____

Please prepare a list of questions to help your phone and oral exam consultations be more efficient and effective.

Patient Signature and Date

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I understand and agree to the following Post-Anesthesia and Post-Surgical Instructions (Please read, clarify any questions and sign): _____ Date: _____

Patients receiving any oral or IV sedation, for a surgical appointment, are advised to **rest for at least 24 hours** after surgery and prior to traveling, particularly by airplane and **must agree to:**

- a. **DESIGNATE AND BRING** a responsible driver to provide for safe transportation and a supportive person to provide post-surgical care; this requirement was in your pre-appointment and pre-surgical information.
- b. **NOT** drive a vehicle or operate any machinery for at least 12 hours after appointment.
- c. **NOT** undertake important business matters and/or decisions for at least 12 hours after appointment.
- d. **NOT** drink any alcohol for 24 hours.
- e. **NOT** smoke for three weeks. Smoking is detrimental to healing tissues and will affect the results of your surgery.

Follow Oral Care Recommendations and Post-operative Instructions:

- a. Return for scheduled follow-up appointment the next day (3 day and two week for soft tissue grafting). Failure to complete dental care in a timely manner and advice may compromise healing and or desired results.
- b. Sutures will usually be removed 15-21 unless they are polypropylene sutures to reposition gingival graft 2-3 months) days after surgery unless they are resorbable (they dissolve within 15 days). If you are from out-of-town, a local dentist may remove your sutures. **Please coordinate your suture removal with this office before you leave.**
- c. Contact and consult with your referring physician or healthcare practitioner for any follow-up care and healing therapy suggestions and feel free to call us. We will call you the evening of your procedure. **Please Read and Follow the Additional More Detailed Post-Anesthesia Instructions Provided For Your Care at Home for the Next Couple of Weeks and Expect a Follow-up Call from Our Office for a Progress Report. We Look Forward to Hearing Back From You As You Achieve Your Goals for Wellness. -- Optimizing your potential to heal requires a comprehensive approach**

Oral Care Instructions and Recommendations to Understand Your Healing Potential

1. **ELECTROLITE SOAKING 5-10 MINUTES-** Rinse your mouth the day of surgery with 50%/50% Elyte and warm water, and let it set 5-10 minutes, and then GENTLY spit it out. The next day rinse the mouth gently, not vigorously; at least 10 times per day, with the same Elyte and warm water solution-- especially after meals. One bottle should last for the entire time.
2. **SWELLING-** For the first 24 hours following surgery, apply moist heat (**unless instructed to apply cold compress for soft tissue surgery**), You may use a warmed wet towel and apply to the face over the surgerized area intermittently (20 minutes on and 10 minutes off for the first 4-5 hours). You do not need to do this during the night.
3. **BLEEDING-** Following oral surgery, some bleeding is desired and to be expected for 24 to 36 hours. Mild bleeding may occur for several hours and saliva may appear pink for a day or so. If persistent bleeding occurs, place gauze pads over bleeding areas and bite down **GENTLY** for 30 minutes **extraction or boney surgery only**. Repeat if necessary. You may want to put a towel over your pillow following surgery.
4. **DO NOT-**smoke, drink carbonated beverages, or drink through a straw for **three weeks** after surgery. This is to prevent the blood clot from being dislodged. If this happens, a few days after the surgery you may feel a deep "achy" type pain. **Call the office immediately if this occurs.**
5. **DO NOT** blow your nose for one week, if your upper jaw has been surgerized . Avoid sneezing, but if you can't help it, let it exit through the mouth instead of the nose. **Sinus Exposure Surgery—Do Not Blow** your nose for 3 weeks and consider antibiotic and antihistamine therapy.

6. **PAIN**-For mild to average pain, use any non-aspirin type of medication Advil, etc. **NOT** Tylenol. **DO NOT** mix alcohol with pain medication.
7. **FOOD-HYDRATION** Water and other liquids are recommended for the first 24 hours. It is suggested, you bring your favorite juice, soup, protein drink, etc. We have a whey based organic protein meal replacement available in the office. Please do not skip meals, healthy nourishment will help you feel better, gain strength, have less discomfort and heal faster. For the first week after surgery, consume soft foods which do not require tearing or chewing. Always chew slowly and carefully. Do not eat any foods that may damage the tissue or sutures or get trapped in surgical sites, such as; chips, nuts, seeds, sticky foods or gum, etc. Give your mouth, gums and jawbone time to heal.
8. **SLEEP**- With head slightly elevated. **DO NOT** lower your head below the level of your heart when bending over.
9. **Tooth & Gum Rinse**- Begin using the rinse provided 5 days after surgery. Organic Essential oils may be used however, call first to confirm what is best.
10. **Anti-Oxidant Gel for soft tissue surgery** for antibacterial effect. Apply two pumps to the surgical site every three hours during the day the first week then 3 times per day. Follow written instructions on package.
11. **No vigorous exercise**, strenuous activities, heavy lifting, swimming in a pool, etc. which might elevate our heart rate for 7-10 days.
12. **Be sure to keep your mouth and tongue clean**; gently and slowly brush and floss your teeth, **Not around surgery site(s)**. **Do Not** use an electric toothbrush or Water Pik or Hydrogen Peroxide as a rinse during healing.

The Following Recommendations are Typical Suggestions from Referring Physicians Designed to Enhance your potential for healing -- Please Seek the Advice of Your Personal Health Care Practitioner
Nutritional and Supplemental Recommendations – At Least for One to Two Weeks After your Appointment

1. Daily Drink one half of your body weight in ounces of pure alkaline water. If you have any concerns about liver/kidney detoxification, ask your doctor about a mild cleanse such as drinking 2-4 drops of Organic Essential Oils of Lemon and Peppermint and Coconut oil in an 8 oz. cup of warm water each morning and evening.
2. Drink 1 - 2 oz Electrolytes replacement (E-lyte) per day (**diluted to taste following the directions on the bottle**).
3. Drink appropriate amount of a whole food supplement or comprehensive vitamin supplementation to help with healing.
4. Avoid any toxic sources such as tobacco, MSG, preservatives, artificial sweeteners, GMO, soy, partially hydrogenated and canola oils. You may want to research information about nutrition and the GAPS diet
5. Drink at least 8 ounces of any whey based whole food meal replacement with organic ingredients, enzymes and probiotics recommended by your referring doctor. Juicing raw fruits and vegetables provides easy to drink/digest nutrition.
6. Consume fresh organic vs. packaged foods and raw vs. cooked foods as much as possible (depending on digestion).
7. If you have irregular bowel movements or constipation, you may want to investigate the GAPS Diet.
8. Research Dr. Mark Starr's website concerning hypothyroidism—www.type2hypothyroidism.com
9. Take the Neo40 test to determine nitric oxide levels for improved circulation and healing potential-- www.neogenis.com
10. Ask your health care provider about increasing Vitamin C and Vitamin D while healing.
11. Keep a daily wellness journal and document your changes and progress. Rate how you feel overall, pain level, temperature, pulse, hours of uninterrupted sleep each night, etc. Consider researching; Cardiovascular Screening, Sleep Study and Biomodulator Therapy. Keep track of questions and please call our office or your medical doctor with any questions, concerns and comments.

Lymphatic Exercise Recommendations

Breathe in deeply and evenly, completely filling the lungs to the count of 5 - hold the breath for the count of 20 (work up to this if you cannot hold it this long at first) - then exhale completely and evenly to the count of 10. Do this ten times in a row at least 3 times per day for at least one or two weeks following your appointment. When you walk, swing your arms (extra high if possible) and take a deep breath in through the nose, totally filling the lungs. You may do your deep breathing exercises while gently bouncing on a mini-trampoline. If you have a swimming pool available, stand in water that comes up to your neck—do not get your mouth in the water. Raise and lower your heels for a few minutes. This gentle bobbing is another effective way to engage the lymphatic system.

Professional lymphatic massage is encouraged; however, you may gently massage the neck area from behind the ears all the way down the side of the neck to the clavicle with a downward motion 10 strokes and then stroke gently and quickly with a downward motion 20 strokes. You may also gently stroke the facial area over the surgery site, especially if there is swelling. Pressure of the stroking action should be based on comfort level. Do these exercises a minimum of 3 times per day, if there is congestion in this area. Ask us about using a Biomodulator or other protocols regarding pain management. Please give us the name of your referring medical

practitioner and give them our information for any further consultations on your behalf as you progress through post-surgical healing. We look forward to hearing back from you. -- **Optimizing your potential to heal requires a dedicated comprehensive approach.**