

# QUESTIONS TO ASK BEFORE YOUR ORAL SURGERY

Planning ahead, especially when it comes to pain control, is an important step when preparing for oral surgery. This guide will help you engage your oral surgeon in a discussion about what pain control options might be right for you and what you can expect during your recovery process.

Space is provided so you can write down notes during your next appointment.

## **How will my postsurgical pain be managed?**

There are many options to help control pain after oral surgery. Ask your doctor what the plan is for you.

## **How can I minimize the need for opioids? What non-opioid options do I have?**

There are a variety of medications your oral surgeon may administer before, during, and after surgery to minimize your need for narcotics, including local anesthetics that can be used to numb the area where you had your procedure.

## **What do you need to know about me to help customize my pain management?**

Your medical history (e.g., medication allergies, breathing/respiratory issues, stomach/GI issues, previous history of substance abuse, current medications you are taking, etc.) will help your oral surgeon better understand your treatment needs.

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## What happens when the medications from oral surgery wear off?

The kinds of medications you receive can depend on the type of procedure you have. Talk with your doctor to find out more about what you'll feel from the medications used during and after your surgery.

## What can I expect in the first few days after my procedure?

This can help you understand how long it might take for you to get back to doing and eating the things you love.

## When can I get back to my normal activities?

There may be things you can do on your own that can help speed your recovery. Find out if there's anything you can do.

### Tips:

- Be clear and precise about your symptoms. Give your oral surgeon specific examples of what you're feeling.
- Be honest about your health habits. This will help your oral surgeon determine the true cause of your symptoms.
- Be open about any concerns you may have. Don't be afraid to ask for alternative options, including non-opioids.
- Be confident about getting the information you need and have your oral surgeon clarify anything you don't understand.