

## **Cardiac Surgery Pre-Operative Oral Care Instructions**

The following oral care instructions can significantly decrease the risk of respiratory infection after cardiac surgery.

### **Beginning 2 days or 48 hours before your surgery:**

1. Brush teeth and tongue for 1-2 minutes with a soft toothbrush and rinse your mouth with water as you normally would do. If you have dentures, brush and rinse them as well.
2. You will be given a prescription for Chlorhexidine Gluconate .12% (Peridex) mouth rinse by the NP / PA. Fill the dosage cup to the ½ fl. Ounce line and swish in your mouth undiluted for 30 seconds and then spit out.
3. Do not swallow this rinse. Do not eat, drink or smoke for 30 minutes after swishing.
4. Brush teeth, rinse and swish with Chlorhexidine Gluconate .12% (Preidex) twice a day (morning and night), and morning of surgery as well.