

Post-Operative Instructions

Brushing& Flossing:

Continue brushing and flossing all non-surgical areas. Avoid the surgical sites with your brush and floss. Use only a Q-tip dipped in the prescribed mouth rinse or water to clean the whites of teeth around the surgical area.

Bleeding:

Bite with light pressure on gauze placed over surgical site for 15 min intervals and repeat until bleeding is controlled. If bleeding persists without slowing for several hours, apply a moist tea bag wrapped in gauze and repeat steps above. The tannic acid will help control the bleeding. If profuse bleeding is still occurring after 3-4 hours and the above measures have been taken, call the office/doctor immediately. After 24 hours, gently rinse with warm salt water. DO NOT use vigorous mouth washing action. This may dislodge the body's natural clotting process and reopen the area to bleed. Individuals with fair skin or who bruise easily may anticipate some discoloration of the skin the area surrounding the surgical procedure.

Swelling:

Some swelling usually occurs after surgery and may last up to 1 week. To minimize this, apply ice to the area for 20 min. on - 10 min. off and repeat for 2-3 hours. After the first 24 hours, heat may be applied to the area. If you become feverish, please call the office.

Diet:

DO NOT eat solid foods until the local anesthetic wears off. DO NOT use a straw for at least 3 days. The sucking action will cause a vacuum in the mouth and may dislodge the blood clot. Try to stay away from hard and crunchy foods (ie chips) AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, and DRINKING THROUGH A STRAW OR SPORT BOTTLE.

Activities:

REST!! Plan to rest at home the remainder of the day of surgery. When sleeping, elevate your head to decrease swelling. After 24 hours, you may return to your regular schedule. Avoid strenuous activities such as heavy lifting, jogging, exercise programs, etc. for 3 days following surgery because this will increase your heart rate and blood pressure.

Medications:

Antibiotic: Take all tablets to completion!! This will prevent any infection.

Steroid: Take as directed. This will help with swelling.

Recommended over-the-counter pain treatment:

- Take 2 extra strength Tylenol (acetaminophen) totaling 1000mg AND 4 Advil or Motrin (Ibuprofen) totaling 800mg three times a day for 3 days OR take prescription pain reliever (Vicodin, Darvocet) as needed with four advil or motrin. Pain will slowly improve with time for up to 2 weeks. For more info see below.
- **Ibuprofen** (Advil Nuprin, Medipren, MotrinIB) is an excellent, safe drug for fever, pain control, and its anti-inflammatory effects are beneficial after surgery. It's best to take with food. Persons with ulcer disease or allergy to aspirin should notify their doctor before taking.
- **Acetaminophen** (Tylenol, Panadol, Datril, Anacin 3, Tempra, & Liquiprin) may be taken for pain relief. It's much safer than aspirin, offering a range of "safe" dosages. Persons that regularly consume alcohol or with liver disorders should notify their doctor before taking. Do not take acetaminophen (Tylenol) if you have been prescribed Vicodin because it also contains acetaminophen.

Liquids:

Take in liquids immediately and prior to taking any pain medication. This will help prevent nausea, on upset stomach, and expedite the medications effects.

Vitamins:

Vitamin C- 1500mg per day. Take 500mg 3x/day

Smoking:

DO NOT SMOKE for 72 hours following surgery as it is detrimental to the healing process and will affect the result of your surgery. It is recommended to stop smoking for at least 3 weeks following surgery for the best prognosis.

Specified Surgical Procedures

BONE GRAFT:

DO NOT rinse or spit aggressively for 7 days.

DO NOT apply pressure with your tongue or fingers. The material is movable during initial healing.

DO NOT lift or pull on lip to look at sutures. (stitches)

You may expect to find small granules in your mouth for the first several days. This not unusual.

IMPLANTS:

Sensitivity to cold on the natural teeth can occur, and will disappear gradually with time. Avoid ice, ice cream, cold drinks, and solids IF they cause discomfort.

DO NOT apply pressure to the implant with your tongue or fingers.

DO NOT eat sticky or hard foods.

SINUS LIFT:

DO NOT blow your nose or "sniff" for 2 weeks following surgery.

DO NOT smoke or use smokeless tobacco.

DO NOT take in liquids through a straw.

DO NOT lift or pull on lip to look at sutures. (stitches)

If you must sneeze, do so with your mouth OPEN to avoid ANY unnecessary pressure on the sinus.

Take medication as directed. You may use nasal spray.

You may expect to find small granules in your mouth for the first several days. This is not unusual.

Please call the office if you feel granules in your nose.

When you should notify a doctor:

If profuse bleeding continues after 3-4 hours of applied pressure.

If numbness persists after initial day of surgery.

If you are unable to maintain a nutritious diet after 48 hours.

If the pain or swelling increases after the third day.

If the sutures (stitches) become loose or dislodged prior to the third day.

The implant becomes loose or fractures.

If you have any symptoms which may indicate a reaction or allergy to the medications such as:

Skin rash/ itching/ hives/ elevated temperature/ increased or erratic heart rate/ nausea/
vomiting/ dizziness/ fainting/ blurred vision