

GENERAL POST-OPERATIVE INSTRUCTIONS

DO THE FOLLOWING:

Take medications as directed:

- Ensure you take your first dose of pain medication before the anesthetic wears off (typically within one hour of leaving the office). If the pharmacy has not filled your prescriptions within the first hour, please take an over-the-counter medication such as Advil or Tylenol.
- If prescribed an antibiotic, take as directed, until the full course is completed. Do not skip or miss a dose.
- If you were prescribed a mouthwash, use it as directed but no longer than 2 weeks total.
- For maximum pain relief: Alternate between Ibuprofen and Tylenol (if not contraindicated). Switch between taking 600mg of Ibuprofen and 325mg or 500mg Tylenol every 3 hours. Example: Start by taking 600mg of Ibuprofen, three hours later, take 325mg or 500mg Tylenol, three hours later take another 600mg Ibuprofen.
- If you believe you are developing a reaction to any of the prescribed medications, take Benadryl, and please contact us immediately.

Adhere to a soft food diet:

- Avoid eating until numbness wears off.
- Drink plenty of fluids
- Stick to colder/room temperature foods/drinks for the first two days
- For 1-2 weeks following the procedure, stick to foods that do not involve much chewing. If possible, use the opposite side from the surgery.
- If the procedure was around the front teeth, avoid biting into foods with your front teeth, instead, cut the food and chew with your back teeth.
- During the first 72 hours, avoid carbonated beverages, alcohol, and hot liquids.
- Avoid popcorn, nuts, chips, taco-shells, seeds and other hard foods until further notice.

Warm saltwater rinses:

Starting day 3, mix 1 teaspoon of salt in 8oz of water, **gently** swish around mouth for 1 minute, 2-3 times daily to encourage healing. Do not swish vigorously at any time within 2 weeks of surgery.

Brushing/flossing:

Avoid brushing or flossing the surgical area for 2 weeks. After 2 weeks, you may begin brushing and flossing with care.

Continue to brush and floss all other teeth not involved in the surgical site as normal.

AVOID THE FOLLOWING:

Smoking:

- Avoid smoking for a minimum of 10 days following the procedure (the longer the better).
- Smoking cessation is recommended especially if you've had implants placed or periodontal surgery.
- Smoking may cause delayed healing, pain, dry socket, implant failure, and could negatively affect the outcome of the procedure.

Straws:

- Do not drink from straws for 2 weeks following the procedure.
- Using straws can disrupt clotting, delay healing, and cause dry socket.

Strenuous activities:

- Avoid any activity that involves sweating, such as exercising, for a minimum of 48 hours following the procedure.

Hot foods/Beverages:

- Avoid hot soups and beverages such as coffee or tea for the first 48 hours following the procedure as it may induce pain and swelling. Instead adhere to lukewarm, room temperature or preferably cold drink/foods for the first two days

Pulling or tugging on sutures:

- Stitches may be uncomfortable, however they are serving an important purpose. Avoid pulling on them or cutting them unless instructed otherwise by your doctor.
- If resorbable sutures (dissolvable) were placed, they will loosen or fall off within 3-7 days.
- If non-resorbable sutures or long-term resorbable sutures were placed, they will be removed during a post-op visit.

BE AWARE OF THE FOLLOWING:

Bleeding:

- It is normal to experience bleeding for the first 24-48 hours following the procedure.
 - If bleeding is excessive, use rolled moistened gauze to bite down on or apply pressure onto the site that is bleeding for 60 minutes. Avoid speaking or frequently changing the gauze.
 - A moistened black tea bag may be used as a substitute for gauze to aid in blood clotting.
- If bleeding persists longer than 24 hours, call us for further instructions.

- If you were given a clear palatal stent for the roof of your mouth, use it as directed to protect the surgical site and aid in blood clotting. We recommend use of it the first 24 hours straight, then as needed for comfort during intake of foods/beverages and bleeding control. We also recommend to leave it out at night (except the first night after surgery).

Swelling/Brusing:

- Swelling is expected and typically peaks around days 3-5 following surgery.
- Bruising may develop around the face and neck area.
- Apply ice to exterior of face, on the side surgery was performed. Hold for 15 minutes at a time with 15 minutes rest in between. Do it as frequently as possible for the first 2 days to help minimize swelling.
- Keep your head elevated and use multiple pillows at night to help minimize bleeding and swelling.
- After 48 hours, warm compresses may help relieve muscle soreness
- If you are taking Arnica Montana, continue to follow the instructions in the bottle, typically continue taking it for 1-2 weeks following the procedure.

Membranes/Bone Grafts:

- If you had a membrane and bone graft placed during your procedure, loosening of the membrane and bone graft particles may occur. No treatment is needed unless you are experiencing pain on the site.

If you experience any of the following symptoms, please notify our office as soon as possible:

- Swelling that is worsening after 5 days post-op or after completion of antibiotics.
- Foul odor or taste that lingers after day 5 of surgery
- Radiating pain to your ear, eye, temple or neck that is consistent or progressively worsening after 1 week.

If you've developed a swelling or reaction to a drug and you are having trouble breathing or swallowing, call 911 or immediately go to the nearest emergency department as this could be a life-threatening situation. Please notify us as soon as possible.