

## POST-OPERATIVE INSTRUCTIONS

These instructions apply to the surgical procedure just completed. They are designed to help you minimize post-surgical discomfort and inform you of any situation that may require special attention.

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| <p><b>Medications</b></p> <ul style="list-style-type: none"> <li>- Take all prescribed medications as directed. Do not stop unless directed by your doctor or if you are having unusual reactions.</li> <li>- It is not unusual to have discomfort for at least the first week following your surgical procedure. You will be given a prescription for medication to help you tolerate the post-surgical recovery period. Please take pain medications as directed.</li> </ul> <p><b>Swelling</b></p> <ul style="list-style-type: none"> <li>- Swelling is normal for up to 2 weeks after the procedure, peaking at 2-4 days in the mornings after surgery.</li> <li>- To minimize the swelling, place an ice pack over the outside cheek (depending on where the surgical procedure was performed) area for 20 minutes on and 20 minutes off for the first 3 days.</li> </ul> <p><b>Bleeding</b></p> <ul style="list-style-type: none"> <li>- Light bleeding from the surgical area may occur for up to 48 hours after surgery.</li> <li>- Avoid spitting or using straws to minimize bleeding.</li> <li>- If bleeding is persistent, apply moderate pressure with a moist gauze or wet black tea bag for 15 minutes.</li> </ul> <p><b>Diet</b></p> <ul style="list-style-type: none"> <li>- A soft diet is recommended for 2 weeks post-procedure.</li> <li>- Avoid hard, crunchy, fried or spicy foods along with small seeds, pretzels, crust, chips, peanuts, popcorn, sesame seeds, or cereal.</li> </ul> <p><b>Smoking</b></p> <ul style="list-style-type: none"> <li>- Avoid smoking for at least 2 weeks following your surgical procedure. Smoking significantly slows healing and can compromise results.</li> </ul> <p><b>Alcohol</b></p> <ul style="list-style-type: none"> <li>- Do not drink alcohol while taking prescription pain medications or antibiotics.</li> </ul> <p><b>Brushing</b></p> <ul style="list-style-type: none"> <li>- Do not brush the surgical site. You may resume normal brushing/flossing in other areas the following day.</li> </ul> | <p><b>Extraction and bone graft</b></p> <ul style="list-style-type: none"> <li>- Avoid pulling on stitches if they are present.</li> <li>- Small bone particles may arise during healing. This is a normal recurrence.</li> <li>- Avoid spitting, smoking, and drinking from a straw.</li> </ul> <p><b>Sinus instructions</b></p> <ul style="list-style-type: none"> <li>- Avoid flying for 2 weeks.</li> <li>- Avoid bending over, nose blowing and suppressing a sneeze for 2 weeks.</li> <li>- Sleep on 2 pillows to elevate head.</li> <li>- Slight nose bleeds are normal for the first week. Heavy nose bleeds require a call to your doctor.</li> <li>- Small bone particles may arise during healing. This is a normal recurrence.</li> </ul> <p><b>Gum grafts</b></p> <ul style="list-style-type: none"> <li>- Do not pull on lip or touch grafted area until you return for follow-up.</li> <li>- Do not brush or floss grafted area. Use mouth rinse as needed.</li> <li>- Eat a softer diet until comfortable.</li> </ul> <p><b>Dental implants</b></p> <ul style="list-style-type: none"> <li>- Your implant may have a small cap that is at the gum tissue, do not chew on this cap.</li> <li>- The cap may loosen over time – this is not your implant but must be reattached. Call the office to tighten the cap.</li> </ul> <p><b>Implant temporary</b></p> <ul style="list-style-type: none"> <li>- Do not chew in this area until instructed to do so. The temporary is only for esthetics and not for chewing. Please chew on the opposite side to avoid any pressure on the implant site.</li> </ul> |
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If you have any questions, please call our office at 585-756-5566