

POST-OPERATIVE INSTRUCTIONS

This sheet contains important post-operative instructions. If you notice anything unusual or if you have any questions, please do not hesitate to call our office.

To access post-operative instructions on a mobile device or on a computer, please visit www.gardenstateos.com/postop.

Bleeding

Bleeding may occur during the first 48 hours after the procedure and is controlled by biting on-gauze pads, especially for the first hour or two after surgery. Do not spit, rinse or drink through a straw-the day of surgery. Remember that pressure is the key to stop the bleeding.

Please bite on the gauze for about one hour and then remove it. If the bleeding stops do not put any more gauze in your mouth. However, if the bleeding persists place more gauze in your mouth for about one hour with pressure and keep repeating this until the bleeding stop.

You may place a couple tea bags wrapped in gauze if the bleeding is persistent. Additionally, **do not sleep with gauze in mouth. Do not eat or drink with gauze in your mouth.**

Swelling

The maximum swelling around the surgical area will occur 48 hours after the surgery and then will slowly resolve. Swelling is diminished by the application of ice packs to the area, alternating ½ hour on and ½ hour off (ice also helps to control any bleeding during the first day).

Icing the area to minimize swelling only has a practical effect for the first 48 hours after surgery. So, Further use of ice after that is not helpful.

Medications

Continue to take any prescriptions from your medical doctor as well as those prescribed for your surgery. If you are taking a narcotic pain prescription, do not drive a car or perform activities that require you to be alert. It is also important that you **do not take sedative medication along with narcotic pain medication** unless this was discussed at your visit.

If you've received any intravenous medication at the office, it is extremely important not to drive a car or engage in activities that require your alertness for at least 24 hours after your appointment. Taking prescribed narcotics after intravenous is safe, but you must still avoid hazardous activity. **Do not use alcohol for the 24-hour period following intravenous medications (or as long as you are taking narcotic medication)!**

Oral Hygiene

Do not rinse and/or brush your teeth on the day of the surgery. The next day you should rinse with warm salt water several times a day as well as after eating, and you may start brushing your teeth. Sutures (stitches) may have been placed in order to minimize post-operative bleeding and facilitate healing, some will dissolve, others will have to be removed at your post-operative visit. Be careful around the surgical sites; light brushing only around the surgical sites. You may utilize a Water-Pik device or a plastic syringe (provided by our office) to assist in rinsing your mouth.

Diet

Avoid very hot foods or drinks for two days, as that may provoke bleeding. Proper diet is essential for normal healing (Calories and nutrients). You should eat as soon as possible, although it may have to be a softened diet for several days. Drink plenty of liquids and avoid chewing in the area of the surgery. Do not drink alcohol while you are on the medications of following intravenous sedation.

If you had implants placed, do not eat anything hard over the implant site for about 3 months. Following oral surgery, many patients fail to take in enough protein or fluids, which leads to fatigue and mild dehydration. Scrambled eggs, tuna casserole, yogurt, even "power drinks" are just some examples of protein with a soft consistency. Please view your protein and fluid intake to be as necessary for your recovery as any prescriptions you are taking.

Activity

Your return to work or recreation must be guided by your level of strength. The pressures of today's busy lifestyles work against better healing in that regard. The rate of healing is affected by many factors, only some of which are within our control, but a major controllable factor is merely "listening to your own body". Different patients heal at different rates. Many people mistakenly feel that they "should" heal at the same rate as a relative, a classmate, or a friend. Do not place that unnecessary psychological frustration on yourself. Rest until you feel your strength return.

Lastly, if you smoke, please do not smoke for 5 days from the time of your surgery. Smoking can cause a dry socket which is a painful condition that warrants further treatment.