

## POST-OPERATIVE CARE

### CARE OF THE MOUTH

***Brushing and Flossing:*** The day following surgery, begin brushing and flossing the non-surgical areas. Unless otherwise instructed, **AVOID THE SURGICAL SITES** until after your post-operative visit. You may notice a white film over the surgical sites. This is completely normal.

***Mouth Rinse:*** Use the prescribed mouth rinse to clean the surgical sites beginning the night of surgery. Use a cotton swab dipped with mouth rinse to clean the surgical areas.

***Electric Toothbrushes:*** DO NOT use an electric toothbrush for six weeks following surgery.

***Water Pik or Hydro-Floss:*** DO NOT use a Water Pik or Hydro-Floss for at least six weeks following surgery.

***Lips and Corners of the mouth:*** When the lips and corners of your mouth are stretched, they may become dry and crack. Apply Triple Antibiotic or Neosporin as needed for comfort and healing.

### EATING

***First 24 hours:*** Adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to liquids or very soft foods. Dietary supplements such as Instant Breakfast or Ensure are good choices. **AVOID PEROXIDE, ALCOHOL, AND CARBONATED BEVERAGES.**

**It is very important that you do not drink through a straw, swish, or expectorate.**

***After 24 hours:*** Gradually progress to soft foods such as cooked vegetables, baked fish, eggs, pasta, tuna, and chicken, which are easily chewed and swallowed. **DO NOT SKIP MEALS.** If you take nourishment regularly, you will feel better, gain strength, have less discomfort, and heal faster. Do not eat foods with sharp edges and avoid grainy foods with small seeds for the first week. You may rinse with warm salt water four to five times a day.

### MEDICATIONS

***Pain Medications:*** Take pain medication within one hour after surgery with milk, fruit juice or a full glass of water. Never take pain medication on an empty stomach. This medication may be repeated every four to six hours as needed for discomfort. If nausea persists, discontinue use and call the office. **DO NOT USE ASPIRIN** or products containing aspirin for one week following surgery. Aspirin, Advil, and Aleve can contribute to post-operative bleeding problems. Only non-aspirin pain reliever, Tylenol, is acceptable following surgery. Pain medications may cause constipation and a stool softener such as Colace may be taken in conjunction with pain medications.

***Antibiotics:*** Take prescribed antibiotics as directed until completely gone.

***Steroid Dose-Pak:*** If prescribed, take as directed. If the appointment is late in the day, it is important to take all six tablets the day of surgery.

## SWELLING

**Ice Packs:** Some swelling usually occurs after surgery. To minimize this, you will be advised to use ice packs. Place the ice pack on the outside of your face, over the treated area, **for ten minutes, and then take it off for ten minutes.** Continue to apply ice packs as much as possible the first 24 hours after surgery. If swelling occurs, it will be at its maximum 72 hours after surgery. Frozen vegetables make great ice packs.

## BLEEDING

Slight bleeding or oozing is normal during the first one to two days following surgery. If bleeding persists, place gauze or a moistened tea bag over the area and bite gently, exerting light pressure for 15 minutes. If excessive bleeding occurs, call our office.

## ACTIVITIES

**Rest:** Plan to rest at home the remainder of the day of surgery and the following day. You may read, watch TV, or work at your desk at home. When sleeping, elevate your head to decrease swelling.

**After 24 hours:** You may return to your regular schedule, but avoid strenuous activities such as heavy lifting, jogging, exercise programs, etc. for one week following surgery.

For patient undergoing Sinus Augmentation: keep your head elevated for the first 48 hours. Do not blow your nose and avoid sneezing and coughing. These will cause pressure and may force the clot out of the socket. If you must sneeze or cough, do so with your mouth open. This will allow the pressure to go out through your mouth instead of your sinus.

## SMOKING

**DO NOT SMOKE for at least one week after surgery.** Smoking is detrimental to healing tissues and will affect the results of surgery.

## SURGICAL PROTECTIVE APPLIANCES

In some surgical procedures, a palatal appliance will be made for your comfort during healing. Wear the appliance full-time for the first 48 hours, and after, only as needed for comfort. Do not wear the appliance full time after the first 48 hours as the tissue requires exposure to air and oxygen in order to heal well.

## SUTURES

**Resorbable:** The resorbable sutures used usually will be resorbed by the time you return for your post-operative visit.

**Non-resorbable:** If non-resorbable sutures were placed, they will be removed at your post-operative visit. For most procedures, suture removal must be done 10-14 days after surgery unless otherwise instructed.

**We want you to be as comfortable as possible following surgery.**  
**Please call our office if you have any questions or problems:**  
**941-926-4800**