

OSSEOUS SURGERY POST OP INSTRUCTIONS

-Return home and rest. No strenuous activity such as lifting or exercising should be performed for approximately 1-2 days or until the doctor says it's okay to resume such activities. You may resume your non-physical activities in approximately 24 hours.

-Some swelling and temporary loosening of teeth is to be expected. Applying an ice bag as soon as possible can minimize this condition and pain. Place an ice bag on the face and around the surgical site for the first 24 hours, 20 minutes on and 5 minutes off. Do this for the next 3 days. After the third day, the swelling should start to calm down, if it worsens, please call the office. Use pain protocol prescribed by doctor: 800 mg Ibuprofen initially, 500 mg Tylenol 1 hour later. Continue the same protocol every 6 hours as needed for discomfort.

-Some mild bleeding is to be expected from the surgical site during the first 24-48 hours. During this period, do not suck on the wound, expectorate or constantly rinse your mouth. If your own tissue was used for your grafting, there may be bleeding in the roof of your mouth. Bleeding from the roof of your mouth may be controlled by placing a gauze pad or moist tea bag over the area and holding it for 20 minutes at a time. PERSISTENT AND UNCONTROLLABLE BLEEDING MUST BE INVESTIGATED. DO NOT HESITATE TO CALL THE OFFICE FOR ADVICE OR HELP.

-Do not rinse your mouth today. If you were prescribed Chlorhexedine oral rinse, please start the day after surgery by gently swishing in the mouth. If bleeding occurs, stop rinsing. Intake of fluids is encouraged during this period. Attempt to swallow without swishing in the mouth or disturbing the surgical site. Brush your teeth normally on all areas that were NOT surgically treated. AVOID THE SURGICAL SITE(S) until given specific instructions at your post-operative visit. You may notice a white film over the surgical site(s), this is completely normal.

-You MAY have a dressing or a surgical pack over the area that has been treated. This protects the area from discomfort and irritation. If it dislodges and you have discomfort, call the office.

-Wait approximately 1-2 hours before eating except for that which is needed to take the appropriate medications as directed. Make sure to drink lots of liquids especially water and non-acidic juices. Avoid alcohol, hot, hard or spicy foods. Avoid using a straw. Adequate nutrition is essential for normal healing. Following surgery your diet should be restricted to cold liquids: yogurt, smoothies, milkshakes, and dietary supplements such as Instant Breakfast or Ensure.

-Do not wear your partial dentures, flippers, or full dentures for several days after surgery unless otherwise instructed.

When the office is closed, the answering service will prompt you on how to get a hold of the surgeon on call. This should be used on an emergency basis ONLY. Leave a message and your call will be returned as soon as possible.