

Post Operative Instructions

- Rest is the order of the day. Keep your head elevated.
- Apply ice to the area of surgery from the outside-fifteen minutes on and fifteen minutes off. Continue this practice for 24 hours.
- Bleeding is controlled by applying pressure to the surgical site. Place a moist gauze directly over the site and bite firmly. Change the gauze every twenty minutes. Bleeding may require several hours to stop. Often, soaking the gauze in a strong tea solution before use will aid in clotting.
- Swelling is normal following any surgery, and usually takes 2-3 days to fully develop. Using ice packs the first 24 hours will minimize the swelling.
- Do not rinse your mouth on the day of surgery, as this may prolong the bleeding. The day following surgery, warm salt water (1/2 tsp. per cup) rinses should be used 5-6 times per day. Hold the solution over the surgical site and gently swish. Do not rinse vigorously, as this may cause bleeding.
- Cold, soft foods, such as yogurt, ice cream, Jell-O or pudding. Drink plenty of fluids over the next several days. Do not use a straw or drink carbonated beverages for three days. Starting tomorrow, diet may be advanced as tolerated.
- Some bruising or discoloration of your face and neck is normal. It will resolve over the next 7-10 days and, while may be alarming, is no cause for concern.
- Most nausea is caused by swallowing blood, however, in certain cases drugs or nervousness are to blame. Room temperature 7-UP taken one or two sips at a time every ten minutes will usually help. Over the counter medications such as Tagamet-HB, Pepcid AC, Maalox or Mylanta will also provide relief. Nausea usually lasts only the day of surgery.
- If you have been given prescriptions, please follow them as directed. Please note that most antibiotics decrease the effectiveness of birth control pills, and extra precautions should be taken.
- You will be drowsy today and should not drive or operate machinery until you have stopped taking the pain medicine.

If you have any further questions or are unsure about something, do not hesitate to call the office or the emergency number. Thank you, again, for choosing our practice

Implant Surgery

- Rest is the order of the day. Keep your head elevated
- Apply ice to the area from the outside- fifteen minutes on and fifteen minutes off.
- Take the antibiotic as directed until gone.
- If a prescription for Peridex was given, use it twice a day as directed in the package insert.
- Bite on the gauze provided to help stop bleeding. Change the gauze every 20 to 30 minutes until the bleeding stops. Start rinsing your mouth the day after surgery.
- If you wear dentures, do not wear them until instructed to do so (usually about a week).
- Drink plenty of water and juice today. Cool soft foods today and warm soft foods until comfortable. Be careful of the incision, as breakdown can cause exposure of the implants.

- You may have some bruising about the face and neck. This is normal and, while may be alarming, is no cause for concern. Swelling is also expected, and usually lasts several days.
- If you had implants in your upper jaw, you may experience some bleeding from your nose. Treat it with pressure and elevation of your head, and it will generally subside.
- Please call if you have any questions.

Caring For Sinuses After Oral Surgery

Because of the close relationship to the sinuses, many times when a tooth is extracted or other surgery is performed on the upper jaw, it will leave a communication between the mouth and the sinus. It is important for you to follow these instructions:

- Take prescriptions as directed
- Do not spit for several days
- refrain from blowing your nose for one week
- Try not to sneeze or cause pressure in your mouth. If you must sneeze, try to do so with your mouth open
- Do not use a straw or smoke
- Eat soft foods and chew on the opposite side.
- Follow oral hygiene instructions and avoid rinsing vigorously

It is not uncommon to have a slight amount of bleeding from your nose. Please call if it is excessive or prolonged. These sinus instructions will normally help your body close the opening on its own. However, some do not resolve and may require additional surgery, particularly if these instructions are not followed. If symptoms persist or recur, it is imperative that you call our office so the situation can be evaluated.