

### Post-Operative Instructions

Post-operative care is critical. Following these instructions carefully will minimize the complications of infection, swelling, and unnecessary pain. If you are experiencing an emergency, please call our office and follow the prompts to reach the doctor on call.

**Sedation:** A responsible adult should carefully attend to patients who have undergone sedation for at least eight hours following surgery. Patients that receive sedation are not permitted to drive for 24 hours after surgery. After having sedation, it is normal for your throat to be sore for a few days after surgery.

**Bleeding:** Bleeding is expected following surgery. Slight bleeding or redness in the saliva is not uncommon for up to 24 hours after surgery. Bleeding may be controlled by placing a gauze pad over the area and biting firmly for one hour. Repeat as needed. If bleeding persists, bite on a moistened, squeeze-dried tea bag for one hour and repeat as necessary. The tea bag's tannic acid helps form a clot by contracting bleeding vessels. To minimize further bleeding, sit upright, avoid exercise, and do not become overly exerted.

- **DO NOT** smoke/vape for 14 days after surgery. Puffing on cigarettes/vapes tends to dislodge the blood clot and prolongs bleeding. Nicotine also directly delays healing.
- **NO SPITTING, RINSING OR SUCKING on a straw** for two days following surgery. This tends to dislodge the blood clot and prolong bleeding.

**Diet:** Avoid hot beverages/foods on the day of surgery which can unintentionally burn your mouth while it is still numb. Cool or warm, soft foods such as yogurt, applesauce, ice cream, juice, scrambled eggs, mashed potatoes, or warm soups are ideal on the day of surgery and during the first few post-operative days. Over the next several days, you may gradually progress to more solid food at your own pace.

**Bone Grafting:** If you had a bone grafting procedure, please avoid carbonated or acidic foods/beverages for two weeks after surgery to keep the stitches from dissolving too quickly. Avoid touching the surgical site with your tongue and avoid chewing on the graft site for one month after surgery.

**Dental Implant(s):** If you had dental implants placed, please remain on a soft diet for two weeks. Avoid touching the surgical site with your tongue and avoid chewing directly on the implant site until the implant site has been restored by your dentist (approximately 4 months).

**Swelling:** Swelling and bruising are not uncommon after oral surgery. Ice is most helpful during the first 72 hours. Swelling or jaw stiffness may persist for several days after surgery and usually reach its peak approximately 72 hours after surgery, which will begin to improve slowly.

**Hygiene:** The surgical area should always be kept clean. You may brush your teeth the day after surgery but be gentle around the surgical site. Two days after your surgery, use the prescribed mouth rinse after every meal for ten days.

**For wisdom teeth extractions:** please see the separate irrigation sheet provided for guided instructions on keeping the extraction sockets clean.

**Stitches:** At times, stitches are placed in the area to minimize post-operative bleeding and to help heal. If you have stitches, they will dissolve on their own. If the stitches become dislodged, this is no cause for alarm; gently remove the stitch from your mouth and discard it. In rare instances, non-resorbable stitches may be utilized, and a follow-up appointment will be scheduled for removal. Do not touch the surgical site with your tongue.

**Exercise:** You should avoid strenuous activity for five days after surgery.

**Retainer:** If you wear a retainer, you should continue wearing it the night of your surgery, as usual.

**Temporary Appliance Care:** Please ensure you're routinely brushing your appliance and, if it's removable, store it in its protective case every evening.

- **ESSIX:** Do not eat while wearing your Essix retainer.
- **MARS/Spider Appliance:** This tooth is bonded into place. It is imperative that you do not bite into *any* foods. Instead, it would be best to use a fork and a knife for *everything* - even softer foods like sandwiches.
- **Flipper/Partial:** You may wear your flipper immediately following surgery. You may eat soft foods only while wearing flipper and you should not use the flipper directly to chew any food. You must avoid hard, crunching, and chewy foods while flipper is in place. If you are wearing the flipper while eating food, you need to remove the flipper and clean it after meals and rinse with prescribed mouthwash to keep surgical site clean. If you decide to NOT wear the flipper/partial immediately after surgery, know that the tissue will swell and the flipper will not fit properly until the swelling subsides, so please do not force the flipper in place, allow the tissue swelling to decrease before wearing the appliance (which may take 1-2 weeks).

#### **INSTRUCTIONS FOR MEDICATIONS AFTER SURGERY:**

***\*\*After you leave our office, please wait at least 2 hours before going to the pharmacy to get your medication. \*\****

- **Antibiotics:** please take as directed on the prescription and finish.
- **Peridex (Chlorohexidine):** germicidal mouth rinse that reduces bacteria in the mouth. Mix ½ cap full of the rinse with ½ cap full of water, **GENTLY** rinse for 30 seconds, and spit. Start this rinse two days after surgery.
- **Medrol Dose Pack (Methylprednisolone):** this medication is designed to decrease inflammation after surgery and is prescribed in a tapered dose manner. For day one, all six of the tablets can be taken at once after your procedure. You will follow the instructions for days 2-6 as noted in the prescription card inside the box.
- **Zofran (Ondansetron)** common anti-nausea medications. Please take as necessary and prescribed.
- **Preferred OTC Pain Management Regimen Post Surgery:**
  - **Ibuprofen (Advil/Motrin) 600mg**
  - **Acetaminophen (Tylenol) 500mg**

Take acetaminophen 500mg *along with* 600mg of ibuprofen every 6 hours for the first 48-72 hours after surgery.  
**(Maximum Daily Dose Acetaminophen = 4000mg/24hrs Maximum Daily Dose Ibuprofen= 3200mg/24hrs )**

- **Pain Medication for Severe Pain:** take prescribed pain medication as directed