

POST-OP INSTRUCTIONS: FULL ARCH REHABILITATION

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. **HOWEVER, WHEN IN DOUBT FOLLOW THESE GUIDELINES OR CALL OUR OFFICE FOR CLARIFICATION at (205) 900-WISE.**

DAY OF SURGERY

FIRST HOUR: Bite down gently but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Do not change them for the first hour unless the bleeding is not controlled. The packs may be gently removed after one hour. If active bleeding persists, place enough new gauze to obtain pressure over the surgical site for another 30 minutes. The gauze may then be changed as necessary (typically every 30-45 minutes). It is best to moisten the gauze with tap water and loosely fluff for more comfortable positioning.

EXERCISE CARE: Do not disturb the surgical area today. **Do NOT** rinse vigorously or probe the area with any objects. You may brush your teeth gently. Please, do **NOT** smoke for at least 72 hours. This is very detrimental to healing and may cause a dry socket.

OOZING: Intermittent bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze over the areas and biting on the gauze for 30-45 minutes at a time.

PERSISTENT BLEEDING: Bleeding should never be severe. If so, it usually means that the packs are being clenched between the teeth only and not exerting pressure on the surgical areas. Try repositioning the packs. If bleeding persists or becomes heavy, you may substitute a tea bag (soaked in very hot water, squeezed damp-dry, and wrapped in moist gauze) for 20-30 minutes. If bleeding remains uncontrolled, please call our office.

SWELLING: Swelling is often associated with oral surgery. It can be minimized by using a cold pack, or ice bag of frozen peas wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. This should be applied 20 minutes on and 20 minutes off during the first 24 hours after surgery. Staying in an elevated position (for example: recliner) for the first 24 hours could help with swelling as well. If you have been prescribed medicine to control swelling, be sure to take it as directed.

NAUSEA: Nausea is not uncommon after surgery. Sometimes, pain medications are the cause. Nausea can be reduced by preceding each pain pill with a small amount of soft food and taking the pill with a large volume of water. Try to keep taking clear fluids and minimize dosing pain medications, but call us if you do not feel better.

DIET: Eat any nourishing food that can be taken with comfort. Avoid extremely hot foods. Do **NOT** use a straw or drink carbonated beverages for the first few days after surgery. It is sometimes advisable, but not required, to confine the first day's intake to liquid or pureed foods (soup, pudding, yogurt, milkshakes, etc.). It is best to avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the socket areas. Over the next several days, you may gradually progress to solid foods. It is important not to skip meals. You will feel better, gain strength, have less discomfort, and heal faster if you take nourishment regularly. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

SHARP EDGES: If you feel something hard or sharp edges in the surgical areas, you are likely feeling the bony walls that once supported the extracted teeth. Occasionally, small slivers of bone may work themselves out during the following week or so. If they concern or discomfort you, please call the office.



POST-OP INSTRUCTIONS: FULL ARCH REHABILITATION (CONT.)

INSTRUCTIONS FOR THE SECOND AND THIRD DAYS

MOUTH RINSES: Keeping your mouth clean after surgery is essential. Use $\frac{1}{4}$ teaspoon of salt dissolved in an 8-ounce glass of warm water and gently rinse with portions of the solution, taking five minutes to use the entire glass. Repeat as often as you like, but at least two or three times daily.

BRUSHING: Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort.

HOT APPLICATIONS: You may apply warm compresses to the skin over the areas of swelling (hot water bottle, hot moist towel, and heating pad) for 20 minutes on and 20 minutes off to help soothe the tender areas. This will also decrease swelling and stiffness.

HEALING: Normal healing after tooth extraction should be as follows: the first two days after surgery are generally the most uncomfortable and there is usually some swelling. On the third day you should be more comfortable and, although still swollen, can usually begin a more substantial diet. The remainder of the post-operative course should be a gradual, steady improvement. If you don't see continued improvement, please call our office. If you are given a plastic irrigating syringe, do **NOT** use it for the first 5 days. Then use it daily according to the instructions until you are certain the tooth socket has closed completely and that there is no chance of any food particles lodging in the socket.

NAUSEA/VOMITING

EAT

- Chicken Noodle Soup, Chicken with Rice Soup or Chicken Broth
- Dry Cereal - No Milk for 24 Hrs after surgery
- Cream of Wheat / Oatmeal
- Jello
- Crackers
- Boiled Rice - Plain
- Colored Popsicles - No Chocolate
- Cooked Vegetables
- Boiled / Mashed Potatoes
- Scrambled / Boiled Eggs

DRINK

- Water
- Iced Tea with Lemon
- Ginger Ale
- Sprite or 7-Up
- Gatorade, PowerAid, Vitamin Water
- Do NOT drink through a straw

AVOID

- Fatty Foods
- No Pork
- No Red Drinks
- No Lunch Meats
- No Pizza
- No Beans (of any kind)
- No Hot Dogs
- No Bar-B-Que
- No Popcorn
- No Spicy Foods
- No Greens
- No Jerky
- No "Cream of" Soups
- No Milk, Ice Cream, Cheese