

## POST-OP GENERAL INSTRUCTIONS

The following instructions are useful following a dental surgery procedure:

All minor patients (under 18 years of age) must be accompanied by a parent or guardian.

### Bleeding

- A small amount of bleeding is common for the first few days—usually 18 hours.
- If you experience excessive bleeding, place a gauze pad directly over the surgical sites and hold it in place with firm pressure for 30-45 minutes or until the bleeding can be controlled. Pressure stops bleeding.
- Replace the gauze pads every 30-45 minutes.
- Bleeding may vary from person to person.
- Gauze pads will always appear red. The way to assess bleeding is to look at the sites directly after the gauze pads have been removed.
- If the bleeding does not slow down, please call our office.

### Pain Control

- Discomfort can be normal after the procedure.
- Pain medication may be prescribed. It is advised that you take pain medication on the first day.
- If you are not allergic or intolerant to non-steroidal anti-inflammatory drugs, you may start taking ibuprofen (Advil or Motrin).
- If the ibuprofen alone doesn't control your discomfort, take the prescribed narcotic.
- It is recommended that you alternate between the narcotic and ibuprofen. Do not take them at the same time.
- Be certain to take your pain medication with food, as this will help prevent an upset stomach.
- Remember: narcotic pain medication will impair your judgment and reflexes, so do not drive or operate heavy machinery.
- Typically, minors will not be prescribed narcotics, as over-the-counter pain medications are effective for these procedures.

### Swelling Control

- Swelling can be normal after the surgery. Sometimes, it can last up to 2 weeks.
- Swelling can be reduced by applying an ice pack to the side of your face. Do this for 20 minutes on, 20 minutes off.
- Continue icing the face as much as possible for the first 24-48 hours. Do not apply ice directly to the skin.
- Please do not lay flat. Use 1-2 pillows to elevate the head to avoid or minimize swelling.
- These measures may not eliminate swelling, but they will help reduce its severity.

### Alcoholic Beverages & Smoking

- Alcoholic beverages should be avoided for 24 hours before and 5 days after the surgery.
- Smoking should be avoided or limited as much as possible.
- For big procedures, no tobacco products 3 weeks before the procedure, and you should quit for the best results.

## POST-OP GENERAL INSTRUCTIONS (CONT.)

### Diet: Day of Procedure

- Soft liquid foods are strongly recommended on the day of the procedure. Pudding, JELL-O, applesauce, yogurt, ice cream, and smoothies are excellent options for the day of the procedure. Soft liquid foods can be advised for 1 day, 1 week, or 2 weeks depending on the procedure you have received.
- Anything you may cut with a plastic spoon can be eaten after the procedure. Time duration will be specified for your procedure.
- Always cool down any hot foods or liquids during the first 24 hours following your procedure.

### Diet: First Week

- You should eat only soft foods for the first week, such as scrambled eggs, mashed potatoes, macaroni and cheese, soft fish, avocados, bananas, and very mushy food.
- Anything you may cut with a plastic spoon is considered soft. It is advisable to eat those foods.
- You may be put on a soft diet for 3-4 weeks depending on your procedure.

### Diet: Foods to Avoid

Avoid hard, crunchy, or very chewy foods until the site is fully healed and you are pain free.

### Hygiene

- It is important to keep surgical sites clean to avoid infection or delayed healing.
- Begin brushing your teeth on the day of the surgery. It is important to brush all of your teeth even if the teeth and gums are sensitive.
- You may be advised to brush all your teeth except the tooth in the front and the tooth behind.
- Avoid the surgical sites on the day of the surgery. On the following day, gently brush over the surgical sites with no pressure. You may be advised to avoid the area for 1 week.
- Please do not play with the sutures with your tongue or toothbrush.

### Physical Activity

- No strenuous activity for 3-4 days following your surgery.
- Physical activity increases your blood pressure, which will cause an increase in your swelling, pain, and bleeding.
- You may gradually increase your activity after 3-4 days.
- Low-impact activities, such as walking, may be more comfortable at first.
- Avoid bending over, heavy lifting, or straining.

## DAY OF THE SURGERY

### Clothing

- Please wear comfortable clothing, including a short-sleeved shirt.
- Remove contact lenses, jewelry, and watches.
- Remove fingernail polish on both index fingers.
- Avoid wearing sandals or flip-flops. Avoid using any makeup, perfume, or cologne. Keep hair tied up and away from your face.

## POST-OP GENERAL INSTRUCTIONS (CONT.)

### For procedures that include IV sedation

- Nothing to eat or drink (including water) for 8 hours prior to your appointment.
- You will need a responsible driver accompanying you.
- Patients having anesthesia cannot drive or operate machinery the entire day of the surgery.

### Medications

- If prescribed any medications at the consultation, please take them as directed with a small sip of water prior to your appointment.
- Please call our office to review which medications you should take.

### Illness and Pregnancy

If you have an illness, such as a cold, sore throat, upset stomach, or if you think you may be pregnant, please contact our office.

### Helpful items to have prior to your procedure

Ice packs, soft foods, liquid drinks, ibuprofen or Tylenol, any prescribed medication for the pharmacy.

### PLEASE CONTACT OUR OFFICE

If you have not informed us during the consultation that you are taking blood thinners, medications for osteoporosis, have diabetes, had a heart valve surgery, or have had a joint replacement surgery.

Thank you for reviewing these post-operative instructions and following them carefully.