



## Post-Operative Instructions

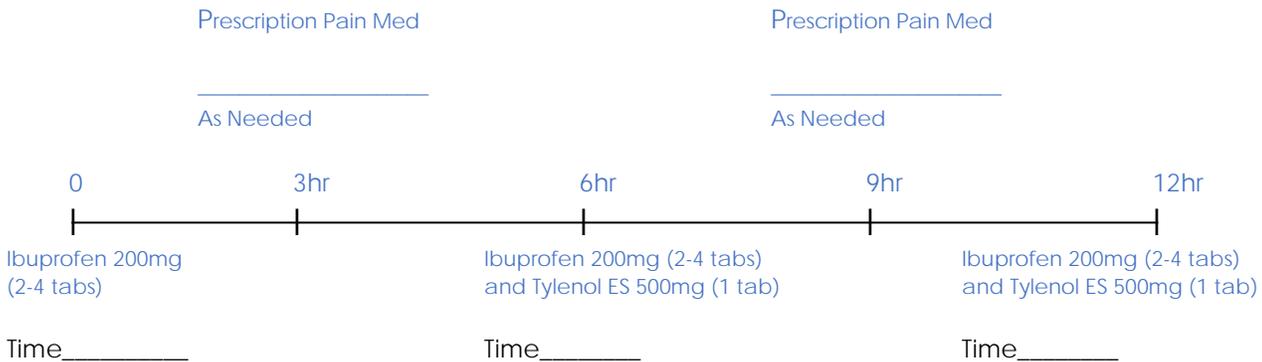
### Discomfort, Swelling and Bleeding:

- Swelling and discomfort are to be expected and will usually peak at around 48 hours following the surgery. To minimize swelling, place an ice pack on your face over the surgical area, alternating on and off every 10 minutes for the first 24 hours. Continue using ice for 2-3 days following the procedure, as often as possible.
- Bruising and discoloration are to be expected and, in some cases, may take to 1-2 weeks to disappear.
- Some bleeding will occur. **Do not be alarmed.**
- For slight bleeding, apply firm continuous pressure with warm moist gauze or a black tea bag to the area for 20 minutes. If the bleeding does not subside, please continue to apply pressure, and call the office.
- Elevate your head while lying down and place a towel over your pillow to protect your pillowcase from staining. Always get up slowly from a reclining position to prevent dizziness.
- Rest and hydration are important for healing. Be sure to drink plenty of water and rest as much as possible.

### Medications:

- Depending on the procedure, an antibiotic may be prescribed. Please take it until gone. Make sure to eat something before you take the antibiotics.
- Take 600 mg to 800 mg of Motrin every 6-8 hours for discomfort. Please take Ibuprofen for a minimum of 4 consecutive post-operative days.
- If added pain control is needed, take Tylenol ES in combination with Motrin
- If a narcotic has been prescribed, please take it as directed.
- DO NOT take medications on an empty stomach.

Maximum daily limit for Ibuprofen is 3200mg (or 16 tabs) Maximum daily limit for Tylenol is 4000mg (or 8 ES tabs)



### Avoid:

- DO NOT use straws, suck, or spit. Avoid negative pressure/ suction in the mouth.
- DO NOT chew on the side where the surgery was performed
- DO NOT eat foods with seeds, nuts, crunchy, or spicy foods. A soft food diet is recommended (i.e. soups, smoothies, yogurt, pudding, pasta, baked potatoes).
- DO NOT consume anything hot in temperature on the day of your surgery
- DO NOT pull your lip back to view the surgical site
- DO NOT exercise or do any strenuous activity for a minimum of 48 hours
- DO NOT smoke or consume alcoholic beverages for at least 48 hours following the procedure. Smoking will delay healing, increase discomfort, and may encourage bleeding and infection in the surgical sites.

### Oral hygiene:

- **Unless instructed otherwise. begin cleaning the surgical site the next day** using the soft toothbrush given to you. Brush gently over the tops of your teeth only—**avoiding the surgical site tissue.** Continue to brush all other areas as usual.
- After 2 weeks, you may brush the surgical site tissue with ONLY the soft toothbrush given to you. Using warm water, brush as demonstrated during your appointment, placing the ends of the bristles on the gum tissue and with a sweeping motion, brush either up or down.

- You may gently rinse the surgical area with warm saltwater starting 24 hours after surgery. Approximately 1tsp to 8oz of water is recommended.
- Do not use an electric toothbrush (ex. Sonicare) until your next appointment.
- It is important to maintain good oral hygiene to minimize delay in healing for the success of the surgical procedure.

**Dental appliances:**

- All dental appliances (such as orthodontic retainers) need to be brought to the surgical appointment and approved by the doctor.

**Sedation Post Instructions:**

- A responsible adult will need to stay with the patient until he/she has fully recovered from the effects of sedation.
- The patient cannot drive or operate heavy machinery for 24 hours after sedation.
- The patient may have some trouble with balance and should not go up and down stairs unattended until the effects of the sedation have worn off.
- The patient needs to drink plenty of fluids/electrolytes and begin eating appropriate foods as soon as possible.
- The patient should not carry, sleep next to, or be left alone with young children for a period of no less than 24 hours after the last dosage of sedation medication.
- No sedatives or stimulants should be taken for 24 hours after the appointment (including **narcotics**, alcohol, caffeine, or nicotine).

**SPECIFIC INSTRUCTIONS FOR YOUR SURGERY  
(ONLY the checked boxes apply to you)**

- Sutures were used. If they become loose or hang, you may trim them back being careful not to pull or trim too close to the surgical site. We use several types of sutures. Some will dissolve on their own, others will be taken out by a surgical assistant at either your 2-4 week follow up appointment or your 6 to 8-week Doctor check.
- You had a grafting procedure done involving your palate and a protective stent was made for you. Wear it for the first 72 hours (helps control bleeding), removing it only as needed to rinse the stent and brush your teeth. After that, it is strictly for your comfort; wear it as needed until your post-operative appointment. (Please avoid using hot water to clean the stent as this many cause deformations. We recommend keeping the stent if additional gum grafting is planned in the near future).
- You were given an Essix retainer to replace missing teeth; this is only a temporary appliance. Wear it for the first 48 hours, removing it only as needed to rinse the Essix. Avoid leaving the Essix out for longer than 10-15 minutes, as any swelling will affect how the Essix fits. After 48 hours, you will take your Essix out at night and when you eat. It is not designed to withstand a lot of chewing, please remove it to eat, if possible.
  - ➔ In 2 weeks, an interim removeable appliance will be made for you, either by your General Dentist or our office.
- After having sinus augmentation, nose bleeds can occur for the first few days. Please refrain from sneezing or blowing your nose, as it can dislodge the graft material. Take Sudafed for four post-operative days to help with any drainage. Patients have shared that the healing feels similar to a sinus infection.

**Please contact our office should you develop any signs/symptoms or confirmation of COVID-19.**

For any concerns/questions with your procedure, feel free to contact our office.

Tacoma Office: 253-752-6336  
After hours phone number: 206-459-3900

Your surgical Assistant is: \_\_\_\_\_

Patient/Driver Signature: \_\_\_\_\_

Date: \_\_\_\_\_