

Post-Operative Instructions

What to Expect

Today, you will experience mild discomfort and swelling due to the surgical procedure

Over the next few days, you will experience soreness. Please continue using the prescribed pain medication or you may end up feeling pain unexpectedly. It is typical to experience the most swelling and bruising around the third day. Bruising and swelling all around the face and neck is normal. It is common to experience lower than normal energy levels while you heal due to loss of blood. Get as much rest as possible and drink lots of fluids. Tenderness, bruising, and swelling is normal.

Bleeding

It is normal to experience some bleeding over the first few days. Over the period of 1 week, the bleeding should decrease and the color should change from red to brown until it disappears

Persistent Bleeding

If the bleeding has not stopped or the color remains bright red, please call us as we will need to see you to control the bleeding.

Swelling

Swelling often accompanies surgery. To reduce swelling, wrap a cold pack, an ice bag or a bag of frozen peas in a towel and apply it to the cheek of the surgical area. It should be applied for 30 minutes of every hour during the first 3 days after surgery. Do not leave ice on the area for more than 30 minutes at a time or in direct contact with the skin.

Do Not Disturb Surgical Sites:

Do NOT forcefully rinse or attempt to clean the area under your new teeth with any instruments. You are encouraged to brush the white part of your teeth gently. DO NOT SMOKE for at least 72 hours since smoking will negatively affect your healing.

Pain:

The days following surgery will most likely be accompanied by some discomfort. You will be prescribed pain medication to ease the discomfort. For best results, take the first pill before the surgical anesthetic wears off. Do not abuse the pain medication; use it according to the prescription.

Pain medicine may cause nausea. We recommend you take the pills with a small amount of food. Various levels of relief will be achieved according to the dosage of the medication and the individual taking the pain medication. Use the prescription medication right after you get home and use it for a minimum of 3 days. The most severe pain is often 12 hours after surgery. If you continue to need large doses of pain medication at frequent intervals, please call our office so we can evaluate your pain. You must call during weekday business hours for a refill if you anticipate needing more pain medication during the weekend.

Medications

Pain medication (i.e. Norco): Take pain medication every 4 hours as needed, and stay on top of it to effectively maintain a tolerable pain level. In addition to the pain medication, you may take 1 tablet (600mg) of Ibuprofen (i.e. Motrin or Advil) every 6 hours. Alternating the medications will help them function more effectively (ex. take 1 Norco, then 4 hours later take Ibuprofen...4 hours later take another Norco). DO NOT USE TYLENOL. Remember to take the medication with a small amount of food.

Antibiotics:

- If taking Amoxicillin: You will have taken 2 tablets 1 hour before surgery. Take 2 tablets the evening after surgery, then take 3 times a day at breakfast, lunch and dinner until antibiotics are gone.
- If taking Cleocin: Take 4 times a day at breakfast, lunch, dinner and bedtime.

Mouth Rinses

Rinsing should not start until 48 hours after surgery. It is important to rinse your mouth often in order to keep the environment clean. Dissolve 1/4 teaspoon of salt in 8 ounces of warm water. Then, gradually rinse out your mouth, one sip at a time, over five minutes. Do this as often as you like; at least two or three times a day.

In addition, apply the prescribed Chlorhexidine rinse three times a day with a cotton tipped applicator (Q-tip), for the first two weeks.

NAUSEA:

It is common to experience nausea after surgery, and it should pass within a short period of time. If the nausea does not get better in a few days, please call our office.

Brushing

Due to soreness and swelling, vigorous brushing may not be possible. It is still important that you make every effort to clean your teeth. Post-surgery, begin gently brushing with a manual toothbrush as you are able. Do not disturb the sutures or healing tissue around the surgical site(s). After about 10 days your sutures will dissolve, but until then only mild brushing is suggested. DO NOT USE A WATERPIK or ROTARY TOOTHBRUSH (i.e. Oral-B Braun).

DO NOT exercise or participate in any strenuous activity for the next 7 days