

POST SURGICAL INSTRUCTIONS

These instructions are designed to advise you of procedures that will aid in promoting comfortable healing and inform you of situation that may possibly require special attention.

I was given Ibuprofen at __:____ AM/PM
I can take Hydrocodone OR Tylenol at __:____ AM/PM
I can take Ibuprofen again at __:____ AM/PM
My next Antibiotic is at __:____ AM/PM

DISCOMFORT

It is not unusual to have a certain amount of discomfort for a few days following your surgery. In many instances two Tylenol or Advil tablets, in rotation every 3 hours will be sufficient to relieve discomfort. You will be given a prescription for a more potent medication to enhance a mild post-surgical recovery period. If Tylenol is not sufficient, replace Tylenol with the more potent medication, but DO NOT use both. The first dose should be taken at the time as stated above, then in rotation every 3 hours with Ibuprofen. This medication may be taken with food to help prevent nausea.

ANTI-BIOTICS

Prior to surgery you took 2 antibiotics (4 for Pre-Med patients), we would like for you to take 1 tablet after your lunchtime meal, and once again after your evening meal before bedtime, and starting the regimen on the bottle the following day.

****Instructions for Sinus Lift: Start the Medrol Dose Pack the day prior to surgery, and Start to take the Afrin Nasal Spray, the day after procedure. ****

APPERANCE: Swelling/Bruising

Minor swelling and or bruising may follow your surgical procedure. To minimize swelling and bruising, you should place an ice pack for 20 minutes on and 20 minutes off for the first 48-72 hours. Start the ice pack application as soon as possible following the surgery. Also, you may hold ice chips in your mouth when the ice pack is not present for the remainder of the day. Try not to rinse on the day of surgery because this may disturb the blood clot. The swelling or discoloration may continue for 3 - 4 days after surgery and then subside. If after the third day swelling continues, heat may be applied to the involved area in the form of wet compresses as often as is convenient. The gum tissue in the surgical areas may appear white in color, especially if a gum graft has been performed. This is because the mouth is moist and a hard scab does not form. This is common and there is no need for concern. Bruising may be present in varying degrees, this also will subside over a period of up to 10 days. *(Note: a patient's peak of swelling is 3 to 4 days post-surgery, and some may experience additional pain around that time.)*

BLEEDING

You can anticipate some seepage or slight bleeding for the first day. A small amount of bleeding is all that is necessary to discolor your saliva, this seepage is normal. If bleeding occurs, it may be controlled by placing a moist (Black) tea bag over the area with constant pressure for 30 minutes (repeat if necessary), if bleeding has a continuous flow and will not stop, give the office a call at (303)-695-0990 and an on call doctor will get back to you.

POSTURE

Keep your head in an elevated position for the first 3 days following surgery. Sleep/Relax with a few pillows behind your head. Maintaining an up-right position will help to reduce swelling.

ALCOHOL AND SMOKING

Avoid alcohol for the first week following surgery. Do not drink alcohol if you are taking discomfort medication. No recreational drug use. Do not smoke (cigarettes, marijuana, vape, etc.) for at least 72 hours following surgery, as smoking will cause slower healing.

ORAL HYGIENE AND RINSING

The day following your surgery carefully brush and floss your teeth in the areas where surgery has not been performed. If the surgery was performed in your entire mouth, please avoid brushing until the sutures are removed. During that time you can use Listerine ZERO or Crest Pro Health to keep the surgical site clean until sutures are removed, and further instruction is given.

SURGICAL STENT AND PERIODONTAL DRESSING

Stents are provided for patients having tissue grafts to protect the donor site. Please leave the stent in for the first 24 hours, this includes sleeping with it in, as applying pressure to the palate will help prevent swelling, and help with the clotting. After the first 24 hours, use the stent while eating and sleeping, and removing it through-out the day to allow the donor site to heal faster. Occasionally a periodontal dressing may be used over the gum graft. This is done if the doctor thinks that the graft site needs extra protection during the initial few days of healing. It is usual for the periodontal dressing to become brittle over time and it may start to crack or come off completely. At the time of your gum graft surgery your doctor will advise you whether or not you need to contact him if the dressing cracks or comes off.

ACTIVITY

Do not engage in any strenuous activity (exercising, power walking, swimming, etc.) for 7 days following surgery. Do not lift anything over 30 lbs.

SINUS LIFT

Do not blow your nose, wipe gently if needed. Try to sneeze through your mouth, to avoid putting any pressure on your sinus.

Please AVOID using straws and the following foods for the first week following surgery:

- Seeded fruits (ie: strawberries, raspberries)
- Foods above room temperature (ie: hot soups, hot coffee)
- Foods that are difficult to chew (ie: steak)
- Food that can get trapped easily (ie: popcorn, nuts, seeded fruits)
- Crunchy items (ie: breads, bagels, cookies, potato chips)
- Citrus fruits/juices (ie: orange juice, tomatoes)
- Spicy foods
- Alcoholic beverages (including beer and wine)

If you were given a Triazloam prior to procedure, you need to stay as hydrated as possible.

DIET

Try to eat on the side of the mouth where surgery was not performed. While you are numb, stay on a cold liquid diet and once you are no longer numb, you may move to your soft foods. Adequate nutrition is essential for healing. Avoid irritating foods that are spicy or acidic and carbonated beverages for at least 3 days. Foods such as popcorn, nuts, granola and small seeds should be avoided for the first month.

Recommended Food List Following Surgery

We encourage our patients to prepare ahead for their surgery to help have a more predictable recovery. Below is the recommended list of foods we suggest:

- Hearty soups*
- Yogurt, popsicles, ice cream
- Pudding, Custard, Jello
- Soft fruits (ie: banana, canned peaches, applesauce)
- Cooked vegetables
- Fruit smoothies/protein shakes (no seeded fruits ie: strawberries, raspberries)
- Eggs
- Cream of Wheat *
- Mashed Potatoes
- Pasta (avoid red sauce)
- Fish and ground beef
- Mac & Cheese
- Plenty of fluids

*room temperature (colder items will help with swelling)