



Post-Operative Instructions

The most common adverse reactions after surgery are **pain, swelling, and bleeding**. Most often these are mild and resolve after 24 - 72 hours. If your symptoms are exceedingly severe or persist for a long time, please contact the office.

Home Care: Avoid any activity that causes suction in your mouth for 24 hours after surgery. Do not rinse, vigorously spit, suck through a straw, or smoke cigarettes or cigars. Any kind of suction in your mouth can increase bleeding and may dislodge graft material. If you have had an extraction, suction may dislodge the blood clot and cause a dry socket, which is very painful. If you wear a denture, we ask that you leave it out until your sutures are removed or your surgeon tells you that you are healed enough to wear it. This will minimize pressure on the surgical site.

Pain: If needed, you may take two non-aspirin pain tablets (normal headache remedy) every four hours to relieve discomfort. If severe pain is anticipated, your surgeon will prescribe a prescription pain reliever for you. Please take these tablets as directed. **IF YOU TAKE THE PRESCRIPTION PAIN NARCOTIC MEDICINE, DO NOT DRIVE AN AUTOMOBILE, OPERATE HEAVY MACHINERY, MAKE LEGAL DECISIONS OR CARE FOR MINOR CHILDREN.** Avoid traumatizing the surgical site by eating in that area and or clenching or grinding your teeth on that side. These increased pressures can cause pain.

Swelling: When surgery is extensive, some swelling may be expected. Cold packs may be held on the external facial area nearest the surgery site during the FIRST 24 hours AFTER surgery in order to inhibit swelling. Apply the cold for 20 minutes and then remove the cold for 20 minutes. Repeat this application as often as possible. After the initial 24 hours, moist heat may be applied to the area if needed for comfort.

Bleeding: Some oozing of blood from the surgical site is normal after any surgery. A small amount of blood mixed with saliva will appear red or pink in your sink basin. If you have significant bleeding, a piece of gauze or a tea bag may be moistened in cold water and squeezed to dampness and applied to the surgical area with pressure for 30 minutes. This gauze should be replaced every 30 minutes. When no blood is present on the gauze, you may cease applying pressure.

Medications: In addition to pain medication, your doctor may prescribe antibiotics and/or mouth rinses for you. Please begin the antibiotics and pain medicine immediately after surgery and take the antibiotics to completion. During the first 24 hours following surgery, do not rinse your mouth.

Diet: Maintain a well balanced diet. Do not chew on the surgical site. Avoid hard foods that are difficult to chew and those that are very hot or very cold. Highly seasoned foods, fruit juice and alcoholic beverages also can irritate the surgical site and should be avoided.

Surgical Hygiene: 24 hours after the surgery, you may begin using the antimicrobial mouth rinse prescribed for you as well as warm salt water rinses. These mouth rinses will gently dislodge food particles and decrease the bacteria in your mouth. Flossing in the area should be avoided. If a dressing has been placed, do not disturb the dressing. You may use a cotton swab to clean the surgical site and may resume brushing all non-treated areas 24 hours after surgery.

Sutures: If you have sutures that have to be removed, your doctor will schedule a follow-up visit in order to remove them. Normally sutures are removed 5 - 21 days after surgery. **DO NOT attempt to remove your own sutures.**

If you develop a fever, uncontrolled bleeding, rash, or numbness, or if you have pain in your jaw or sinuses that is unrelieved by your pain medication, please call: 662-844-9580