

## Postoperative Instructions

Please read the following instructions carefully. They will help you heal quickly & prevent complications.

### **Activity:**

Reduce your activity immediately after surgery, but resume as soon as you feel back to normal. Most patients can resume exercise or sports activities within 3-5 days post-surgery. Please avoid any sports or activities that will run the risk of you being hit in the mouth.

### **Cleaning the mouth:**

***Avoid brushing in the surgical area for 2 weeks*** or until instructed to do so by your doctor or an assistant. After that time, you can resume brushing very gently using the ultra-soft brush we'll provide at post-op. Normal brushing can resume 21 days after surgery. Brush and floss normally all areas not involved in surgery.

**Discomfort:** Following all types of surgery you can expect some discomfort.

Medications (you may not have every medication listed below):

**Antibiotics/Steroid:** If antibiotics or a steroid are prescribed, take them as directed until they are ALL GONE. If you have an adverse reaction such as itching, nausea, or excessive diarrhea, discontinue the antibiotics and call the office.

**Mouth Rinse:** Start the RX rinse the day after surgery and use it at the surgical area only. Use after breakfast and before bedtime for 2 weeks. You will only use just over half the bottle. Warm salt water may be used in addition to the RX mouth rinse, starting the day after surgery and used throughout the day as needed and after meals. **Avoid** peroxide and over the counter mouth rinses during the first 2 weeks, they may dissolve blood clots and rinse away bone graft material.

**Over-the-counter Pain Medication:** Take ibuprofen, Advil or any comparable anti-inflammatory as follows (avoid Aleve): **Ibuprofen 200 mg (3 Tabs) Plus Tylenol 500mg (1 Tabs) = 4 tablets, every 4 hours with food**  
A prescription pain medication may be used as a back-up, if needed, in place of the Tylenol as written above. Prescription pain medication can cause nausea so take with milk, food or reduce/eliminate this medication.

**SinEcch:** Purchased directly from our office, SinEcch is a homeopathic medication that helps reduce swelling and bruising following tissue grafting procedures. This can be started the day before or morning of your surgery.

### **Eating:**

Eat only cold or room temperature soft foods the day of surgery. After the first day, eat whatever is comfortable but stay on a soft but balanced diet, eating foods you can cut with a fork. Try to include sources of protein in your diet such as eggs, cottage cheese, yogurt, oatmeal, soups or meats that are very tender. Avoid crunchy foods especially popcorn, chips, nuts, etc. Do not use straws for your beverages for a few days.

### **Swelling:**

If you were given an ice pack it should be placed on the face adjacent to the surgical site during the first 24 hours (15 min on, 15 min off) to help minimize swelling. Ice chips or iced beverages held in the mouth will also help. Some swelling is normal and tends to peak on the 3rd day, subsiding over the next few days.

**Bruising:**

In some cases, facial bruising can occur, sometimes a few days after surgery. Because surgical incisions cut blood vessels, bleeding under the surface of the tissue can later appear as a bruise and will dissipate with time.

**Bleeding:**

There will often be a small amount of bleeding after surgery. Avoid smoking, spitting, vigorous rinsing, or sucking actions. Also avoid alcohol or peroxide mouth washes since they dissolve blood clots.

If you experience **heavy bleeding**: **1.** Rinse with cold water gently. **2.** Look for and wipe away any dark blood clots from the surface of teeth or gums. **3.** Apply firm pressure for at least 20 min using moist gauze or wash cloth **4.** If bleeding continues, use a moist tea bag and call the office.

**Fever:**

A fever beginning the second or third day after surgery may indicate infection. Call the office immediately for instructions.

**Smoking:**

Please do **NOT** smoke or vape during the 1st month following surgery. Nicotine constricts blood vessels, compromises the immune system and is an irritant to healing tissue. A reduction in smoking will improve healing and desired surgical results.

**IMPLANT PROCEDURES:**

DO NOT CHEW with your implant until your General Dentist has delivered the permanent crown!

**SINUS PROCEDURES:**

Do not hold back any sneezes for the next 2 weeks, instead sneeze open mouthed. Do not blow your nose (or blow very gently). The use of a decongestant may be advised.

**TISSUE GRAFT, GINGIVECTOMY, FRENECTOMY, BIOPSY PROCEDURES:**

AVOID PULLING YOUR LIP OR CHEEKS UP OR DOWN TO LOOK AT THE SURGICAL AREA. When you pull your lip or cheek up or down to look at surgical area you run the risk of tearing sutures or dislodging your graft.

Eating: DO NOT BITE INTO THINGS LIKE SANDWICHES OR FRUIT. Everything should be cut up and eaten on the opposite side of your surgery. Follow all other instructions in the "Eating" paragraph above.

Surgical Stent: IF YOU HAVE A SURGICAL STENT, YOU NEED TO WEAR IT FOR THE FIRST 48 HOURS. After 24 hours, remove the stent to rinse with warm water and gently brush your teeth before replacing it for the remaining 24 hours.

Dressing: A putty like material is one of the options that might be used to protect the surgery site during the first few days of healing. If this falls off and the area is *uncomfortable*, call the office to schedule a time for us to reapply new material. While any packing is in place, brush the teeth in the surrounding area very gently.

For CPAP users: \_\_\_\_\_

During business hours: Mesa Office (480)218-7590 Queen Creek (480)988-6609  
**Dr. Price's Cell Phone (480)241-2942 Dr. Nelson's Cell Phone (480)818-6492**  
After hours you may call or text their cell phone.