



## **GENERAL POST-OPERATIVE CARE**

### **GENERAL INFORMATION**

*You may expect some swelling after dental surgery. Swelling is a part of the natural healing process and may last several weeks. This is dependent on the nature and the extent of your surgery. Individuals with fair skin or who bruise easily may anticipate some discoloration of the skin in the area surrounding the surgical procedure(s). Any discomfort you may have should be controlled with proper medication and not be severe. Please refer to the appropriate sections for further information concerning your Post Operative Care.*

### **WHEN SHOULD YOU NOTIFY THE DOCTOR at (925)915-0605:**

1. If profuse bleeding continues after 3-4 hours of applied pressure.
2. If you are unable to maintain a nutritious diet after 48 hours.
3. If the pain or swelling increases after the third day
4. If the sutures (stitches) become loose or dislodged prior to the third day.
5. If an oral bandage or dressing that was placed becomes dislodged prior to the third day.
6. If you have any symptoms which may indicate a reaction or allergy to the medications such as:

- Skin rash/Itching
- Hives
- Elevated temperature (fever)
- Increased and/or erratic heart rate
- Nausea/Vomiting
- Dizziness/Fainting
- Blurred vision

7. If wires or splints were placed and become dislodged or loose.
8. If your body temperature remains higher than 100°F, taken orally after the third day.

## ANTIBIOTICS

The appropriate antibiotic has been prescribed for you. It is very important that the prescription be filled and taken as directed. Do not stop taking the antibiotics before all of the pills are taken. Should you develop hives, itching, skin rash, or difficulty breathing, STOP taking the antibiotics immediately and call the doctor immediately.

## BLEEDING

To slow and prevent bleeding, bite with light pressure on the gauze pack that has been placed over the surgical area. Pressure should be applied in 15 minute intervals and repeated until the bleeding is controlled. Pressure will assist in the body's natural blood clotting process.

If the bleeding persists without slowing for several hours, apply a moist tea bag wrapped in gauze and repeat the steps above. The tannic acid in the tea will assist in controlling the bleeding.

If profuse bleeding is still occurring after 3-4 hours, and the above measures have been taken, **call this office immediately.**

After 24 hours, gently rinse with warm salt water, **DO NOT** use vigorous, mouth washing action. This action may dislodge the body's natural clotting process and reopen the area to bleeding.

**DO NOT** exercise, use physical force, or enter stressful situations for the first 72 hours or until the medication and natural healing process allows. This will increase your heart rate and thereby blood pressure. This too, has an adverse action on the body's natural healing process.

**DO NOT** operate heavy or hazardous equipment for the first 24 hours or until the medication and natural healing process allow.

Follow the additional instructions provided that are pertinent to the particular medications the doctor has prescribed for you.

## FLIPPER OR PARTIAL

Usually you are able to continue to wear your partial denture or flipper. It is recommended that the appliance not be worn for the first 10 days at any time that you can avoid wearing it cosmetically. Do not hesitate to wear your partial or flipper for work or social activities but take it out whenever you are in an environment such as at home. After the sutures have dissolved or have been removed, you may return to your normal wear.

## LIQUIDS

**DO** take in liquids immediately and prior to taking any pain medication. This will help prevent nausea, an upset stomach, and expedite the medication's effects.

## **PAIN**

A certain amount of discomfort is normal for all types of surgery. The appropriate pain medication has been prescribed for you. Please take it according to the instructions. The pain medication may be stopped whenever you do not need them anymore.

## **PERIDEX**

Starting the day after surgery, begin gentle rinsing twice daily with Peridex. Gently rinse with Peridex for 2 weeks.

## **SUTURES**

The sutures (stitches) will remain in your mouth for 2 weeks. A post-op appointment will be scheduled for the removal of the sutures. The sutures should be kept clean with an ULTRA-SOFT BRUSH dipped in the Peridex.

## **SWELLING**

Apply ice packs at 15 minute intervals to reduce the swelling. After 72 hours heat compresses will relieve the swelling. Swelling is a part of the healing process and can be expected for 3 days to several weeks depending on the nature and extent of the surgery.

## **VITAMIN THERAPY**

Vitamin C     1500 mg per day  
*Begin taking five prior to you surgery and continue until you treatment has been completed. Take 500mg three time daily, or use time release pills.*

Antibiotics     As Prescribed  
*It is important that all antibiotics be taken to completion.*

## **WATER PIK**

Do not use a water pik until your implants have been restored.

## YOUR DIETARY NEEDS

**DO NOT** try to eat solid foods until the local anesthetic wears off. You will have no feeling in the surrounding area, including your tongue, and may unknowingly bite yourself.

**DO NOT** use a straw when taking in liquids. The sucking action will cause a vacuum in the mouth and may dislodge the body's natural clotting process.

A nutritious diet throughout your healing stage is most important to your comfort, temperament, and healing. Hungry people become irritable and less able to deal with discomfort which can follow surgery. Since you will be taking medication, it is important that you are aware that eating can prevent nausea sometimes associated with certain medications.

Milk, along with cooked cereals, scrambled eggs, cottage cheese, and milk toast are recommended for the initial day following surgery.

Soups, broiled fish, stewed chicken, mashed potatoes, and cooked vegetables can be added to your diet as your comfort indicates.

Nutriment, Ensure, Sego, and/or yogurt supply excellent added nutrition. These are especially indicated if other soft foods are not taken in.

Please avoid acidic foods such as tomatoes, orange juice, and citrus foods, as they may cause discomfort.

## POST OPERATIVE INSTRUCTIONS

The following is a list of **GENERAL INSTRUCTIONS** following surgery. A more complete set of instructions specific to the procedure(s) performed for you will be provided.

These general instructions are designed to minimize your post operative discomfort and inform you of situations which can and may arise.

**DO** rinse, only lightly, for at least 48 hours.

**DO NOT** rinse aggressively for 7 days following a bone graft surgery.

**DO NOT** over exercise.

*The heart rate will increase and thus bleeding will increase.*

## POST OPERATIVE INSTRUCTIONS, *cont....*

**DO NOT SMOKE OR USE TOBACCO FOR 72 HOURS!**

### REMEMBER P.I.E.R.

<b>P</b>	<b>PRESSURE</b>	Light pressure on the area if bleeding
<b>I</b>	<b>ICE</b>	Cold compresses on the area
<b>E</b>	<b>ELEVATION</b>	Elevate your head whenever you lie down. 2 to 3 pillows is sufficient.
<b>R</b>	<b>REST</b>	And plenty of it!

## POST OPERATIVE MEDICATION

1. If an antibiotic is prescribed during treatment, you should take the medication exactly as directed on the prescription to completion.

2. If you were sedated for surgery:

**DO NOT** drive or operate heavy equipment....

**DO NOT** work around machinery....

**DO NOT** climb ladders or work at unprotected heights....

...for 24 hours until the effects of sedation have gone.

3. **DO NOT** consume alcoholic beverages:

a. Until the healing process is complete

b. While you are under medication

4. **DO NOT** exceed the prescribed and recommended dosage. Take only the medication as directed on the prescription

5. **DO NOT** give any of your medication to **ANY** other individual.

6. **DO NOT** leave your medication exposed and available to children.

7. Notify the doctor if you have any symptoms which may be related to an allergic reaction.