



## Post Operative Instructions Following Surgery

**Bleeding:** Minimal bleeding is expected after this implant procedure. The best way to stop bleeding is to place a damp piece of gauze in the mouth and gently bite for 30 minutes. Rest quietly with your head elevated. If bleeding continues, use gauze for an additional 30 minutes. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem. Suture material may last 2 to 3 weeks and should be left alone. You will be asked to return to the office for a 1- or 2-week post op appointment. Any sutures remaining at that time may be removed at the surgeon's discretion. Do not pull or cut the sutures yourself.

**ACTIVITY:** A semi-reclining position and rest for several hours following oral surgery are recommended. Avoid strenuous activity for the first 48-72 hours following surgery. Sleep with your head elevated the night of your surgery and cover your pillow with a towel to protect it from blood tinted saliva. DO NOT drive while using narcotic medications.

**SWELLING:** Swelling is the body's normal reaction to surgery and healing. The swelling will not become apparent until 24 hours after surgery and **will not reach its peak for 2-3 days**. After this time, the swelling should decrease but may persist for 7-10 days. Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the rest 24 hours. After 48 hours, begin use of a warm, moist compress to the check.

**RINSING:** Do not rinse or use a mouthwash for 24 hours following surgery. Starting the day after surgery, rinse with warm salt water (1/2 teaspoonful of salt in 8oz of warm water) after meals. Do not use any over the counter mouthwashes. You are advised to carefully rinse your mouth for the first two days and to vigorously rinse for the next 5-7 days.

**HYGIENE:** Standards of good oral hygiene are critical for the success and functionality of the implants and restoration. The best way to prevent infection and ensure healing is to keep your mouth clean. Clean your mouth thoroughly after each meal beginning the day after surgery. Use a soft bristle toothbrush and toothpaste after meals and at bedtime. Use of a dental Waterpik is highly recommended to irrigate underneath the bridge to flush out debris. DO NOT begin use of the dental Waterpik until you are directed by your surgeon to do so.

**MEDICATIONS: \*\*NOTE:** If you are taking PLAVIX, or COUMADIN, do NOT take Ibuprofen or Aspirin products. Unfortunately, most oral surgery is accompanied by some degree of discomfort. If you do not have an allergy to non-steroidal anti-inflammatory medications like Ibuprofen (Motrin, Advil) we recommend take this prior to the local anesthetic wearing off. More severe pain may require a narcotic pain medication. Take the narcotic medication and 600 mg of Ibuprofen together every 4-6 hours as needed for pain. While taking a narcotic, you may not drive or operate mechanical machinery. The prescribed pain medication will make you drowsy. Once you feel like you can stop the narcotic, use Ibuprofen and Tylenol together as needed. Post-operative antibiotics should be taken as directed and always take the entire course of the prescription. All medications should not exceed the recommended dosage.

**DIET:** After General Anesthetic or I.V. Sedation, start with liquids. While numb, patients should avoid hot liquids or foods. Your food intake will be limited for the first few days to compensate for this by increasing your fluid intake. We recommend high protein shakes / smoothies as meal replacement supplements.

Patients are restricted to a SOFT CHEW diet for the first 6 weeks...**if food cannot be easily cut with a fork...DO NOT eat it!**

- **Fruits / Vegetables:**
  - Apple Sauce
  - Cooked fruits or very ripe fruit
  - Canned fruits without skin or seeds
  - Well-cooked soft veggies
- **Meats and Other Protein Sources:**
  - Broiled fish
  - Roasted / Stewed chicken
  - Soups with small soft pieces of vegetables and meat
  - Tofo
- **Breads/ Pasta / Rice:**
  - Soft loaf bread
  - Pancakes
  - Muffins
  - Waffles
  - Macaroni / Pasta / Rice Pasta
  - Oatmeal / Cooked Cereal / Cream of Wheat
  - Mashed Potatoes
- **Other:**
  - Pudding / Jell-O / Yogurt
  - Ice cream
  - Protein shakes
  - Scrambled eggs

This diet should be followed for the first 6 weeks following Permanent Fixed Bridge Surgery.

**IF YOU EXPERIENCE ANY UNUSUAL PROBLEMS OR CONCERNS, PLEASE CALL THE OFFICE**