

POST-OPERATIVE INSTRUCTIONS FOLLOWING DENTAL SURGERY

General Dentist Providing Oral Surgery Services, by Dr. Alex Osinovsky

THINGS TO EXPECT:

Bleeding: Bleeding or "oozing" for the first 12 to 24 hours.

Swelling: This is normal following a surgical procedure in the mouth. It may reach its maximum in two to three days and should begin to diminish by the fifth post-operative day.

Discomfort: The most discomfort that you may experience may occur for a few hours after the sensation returns to your mouth. It may gradually increase again for 2-3 days, then begin to diminish over the next few days.

THINGS TO DO IMMEDIATELY FOLLOWING SURGERY:

APPLY GAUZE PRESSURE AND KEEP ICE NEAR AREA OF SURGERY DURING FIRST 2 HOURS

Bleeding: Place gauze over extraction sites and maintain pressure by biting for at least one hour. Repeat as needed. Keep your head elevated, and rest.

NOTE: Some "oozing" and discoloration of saliva is normal. If bleeding persists, replace the gauze with a clean folded gauze placed over the extraction site, and maintain the pressure until the bleeding stops. Do not change gauze often.

NOTE: Ice bags or cold compresses should be used only on the day of surgery.

Smoking: Avoid smoking during the healing period, avoid smoking for 8 weeks after Implant surgery.

Discomfort: Take medications as directed for PAIN. Mild-to-moderate pain can be relieved by non-prescription Advil, Aleve, or Tylenol. For more severe pain, take the prescription pain medication as directed. Remember that these medications can take up to 30 minutes to one hour to take effect. If you are using any of these medications for the first time, exercise caution with the initial doses (start with ½ a pill).

Diet: A nutritious liquid or soft diet will be necessary for the first week after surgery. Healing will occur in weekly increments; therefore, it is best to gradually (in weekly increments) return the diet and/or other mouth/oral activities back to normal.

Patients who have sedation or take narcotic pain pills should refrain from driving an automobile or from engaging in any task that requires alertness for the next 24 hours.

THE DAYS AFTER SURGERY:

1 AVOID SWISHING, SPITTING, SNEEZING, TOUCHING, USING DRINKING STRAW, blowing musical instruments **After implant placement AVOID** -ALL EXERCISE FOR 3-4 DAYS AND AVOID CYCLIC EXERCISE, RUNNING, Jumping one week *Avoid Smoking for 8 weeks after implant surgery.*

2. Brush teeth carefully.

3. Beginning 48 hours after the surgery, PASSIVE rinse mouth with *WARM SALT WATER* (or prescription mouth rinse). Continue PASSIVE rinsing three to five times per day for seven days, then begin irrigating per the dentist's instructions (see #7 below).

4. **If ANTIBIOTICS** are prescribed, be *SURE* to take *ALL* that have been prescribed, *AS DIRECTED*.

5. *DRY SOCKET* is a delayed healing response, which may occur during the second to fourth postoperative day. It is associated with a throbbing pain. Please call for an appointment asap.

6. Return for a post-operative exam as directed

7. Additional post-operative information can be found at www.tysonsdental.com.

CONTACT THE DOCTOR IF:

Dr. Alex cell 7038618777

1. Bleeding is excessive and cannot be controlled.

2. Discomfort is poorly controlled.

3. Swelling is excessive, spreading, or continuing to enlarge after 60 hours.

4. Allergic reactions to medications occur, which cause a generalized rash or excessive itching.

CONTACT EMERGENCY MEDICAL SERVICES ("EMS") OR CALL "911" IF: Patient loses or has lost consciousness.