

Rekos & Border Oral Surgery

The Dental Implant Specialists

POST SURGERY INSTRUCTIONS

(General Instructions – may not apply to every patient)

SMOKING: Do not smoke for 48 hours. Smoking delays healing and may cause increased pain. This is a good time to quit!

BLEEDING: Some oozing is to be expected. If bleeding continues or is excessive, rinse first with warm water, then rinse with cold water. Place a tight ball of moistened, cold gauze or a moistened cold tea bag over the bleeding area and apply firm pressure by biting the teeth together for at least 30 minutes. Apply ice to the side of your face and rest with head elevated on two pillows. Repeat if necessary. Do not spit; do not use straws – THIS WILL INCREASE BLEEDING. Saliva mixed with blood will appear like more bleeding than is actually occurring. If bleeding persists, call us.

PAIN: There is discomfort associated with any surgical procedure. Take pain medication as instructed. Take tablets or capsules with a whole glass of water or milk. If pain increases after 48 hours, call the Doctor. Prescription pain pills may cause drowsiness. Do not take them and drive or drink alcohol. If your pain has INCREASED 3 days after removal of wisdom teeth, this may be a sign of “dry socket.” Please call us if this occurs. More pain medication will NOT help with “dry socket.”

SWELLING: There is swelling associated with any surgical procedure – some people swell more than others, some surgical procedures cause more swelling than others. This swelling will usually last 4-5 days. Some of the swelling may be prevented by applying ice packs to the face over the area of surgery as often as possible for 24-48 hours after surgery. Peak swelling usually occurs 48 hours after surgery. After 48 hours, you may apply warm heat. If the swelling decreases then increases again on one side, call us. This may be a sign of infection.

BRUISING: There may be bruising or discoloration associated with any surgical procedure – some people discolor more than others, some surgical procedures cause more discoloration than others. This discoloration may last 7-14 days.

STIFFNESS: You may experience muscle stiffness around your jaws for several days.

ACTIVITY: If you have had a sedative or general anesthetic, do not drive, operate machinery or drink alcohol for at least 24 hours. Do not over-exert for at least 24 hours after your surgery.

MOUTHWASH: You may rinse with warm salt water (1/2 teaspoon table salt in 8oz. warm water) every 4 hours the day after surgery. You may brush the day after surgery. Avoid any areas of sutures. You may be given a prescription mouthwash. Use as directed. You may use the mouthwash on a Q-Tip to swab the surgical site(s).

DIET: A nutritionally balanced diet is essential for gaining strength and rapid healing. Eat a soft diet (soups, cereal, milk, eggs, jello, applesauce, ice cream) regularly until you can tolerate a regular diet. Avoid hot foods for 24 hours. Sometimes a blender is helpful. Drink an abundance of water. Do not use straws as they may break down blood clots and cause bleeding.

NAUSEA: Occasionally nausea will occur after a general anesthetic – this usually passes within an hour. Nausea later after surgery could be related to the pain medication (take with a whole glass of water or milk).

FEVER: There usually is a slight elevation of temperature for 24-48 hours after surgery. If fever persists, call us.

ANTIBIOTICS: If you have been given a prescription for an antibiotic, have it filled immediately and take as directed until they are all gone.

SUTURES: We usually use self-dissolving sutures. If we use non-dissolving sutures, you will be told and you will need to make an appointment for removal of the sutures.

IMPLANT INFORMATION: Keep the gum tissue around the implant clean with a Q-Tip and Peridex (PerioGard). Do not chew on the implant until given permission to by the Doctor.

- ❖ Our phone number is: 614-764-9455
- ❖ Please change your gauze every ½ hour after you leave our office until your bleeding has stopped.
- ❖ Pain medicine should be started as soon as you get home and have eaten something. It is best if you eat when you take any of your pain medicine.
- ❖ Anti-inflammatory instructions:

Naproxen: 1 tablet every 6- 8 hours

Ibuprofen (Motrin): 1 tablet every 6 hours.

Hydrocodone Acetaminophen (Norco): Take 1/4 to 1/2 tablet every 4-6 hours as needed **OR**

Hydrocodone Acetaminophen (Norco): Take ½ to 1 tablet every 4-6 hours as needed

Pain Medication: _____

- ❖ Unless told otherwise, you have stitches that dissolve and will fall out on their own. The stitches will dissolve or fall out within anywhere from 3 days to 3 or 4 weeks, depending on the type. A post op visit is not necessary, unless we tell you differently.
- ❖ Use ice packs 20 minutes on, 20 minutes off for the first 24-48 hours after your surgery. This will help with swelling. After 48 hours discontinue ice packs; you can use warm heat from this point on if you would like. Swelling usually peaks in 2-3 days, and then gradually subsides. If swelling increases after 3 days, this may be a sign of infection. Please call us.
- ❖ Tonight, while sleeping, prop yourself up with an extra pillow. Cover the pillow with a towel or extra pillowcase to protect from blood.
- ❖ Some stiffness is normal and will subside after a week.
- ❖ Cleaning the area:
 - Gentle brushing the day after the procedure is ok. Avoid the surgery site.
 - Use a small toothbrush
 - Gentle swishing. No spitting. Let the liquid fall out of your mouth.
 - Warm salt water rinses every 4 hours or after each meal
 - Use Peridex Rinse twice a day (AM/PM) for 1 week only
 - ***IMPLANT PATIENTS – use Peridex and cotton swab to clean surgery site**
- ❖ NO sucking through a straw, NO smoking, **NO spitting** for two days, NO hot liquids
- ❖ Recommended foods: Anything soft and warm/cold * NO hot foods!
- ❖ Bruising may occur shortly after and should resolve in 7-10 days.
- ❖ If you have any questions please call our office 614-764-9455. We are here for you.