



ROUTINE POST- SURGICAL INSTRUCTIONS

MEDICATIONS/PRESCRIPTIONS:

- If an antibiotic is prescribed, it is taken until finished.
- All medications are to be taken as instructed on the bottle
- No driving when taking pain medication
- Take pain medication prior to getting discomfort
- Must eat to prevent nausea and or vomiting
- If develop a rash, itching, then STOP taking all medications and call our office immediately.
- Breathing problems, wheezing, swelling around eyes not related to surgery CALL 911!!
- Attention : Patients utilizing birth control pills, please be advised that if the doctor prescribed antibiotics then an alternative form of birth control must be utilized during that period of time.

BLEEDING:

- If gauze is placed over the surgical site so it serves as a pressure bandage then please leave it in place until for the next 30 minutes or as directed by the office personnel.
- Remove gauze when eating or taking medications
- A small amount of Oozing is normal. Blood tinged saliva may be present for 24-48 hours. You may wish to cover your pillow with a towel avoid staining.
- Rest with your head above your heart; meaning rest with head elevated on 2 or more pillows for the first day.
- Excessive bleeding can be controlled by placing a tea bag over the surgical site for one hour while applying light digital pressure.

EATING:

- Cold, soft foods for the first 24 hours. For example: Ice cream, Jell-O, puddings, yogurt, cottage cheese, milk shakes (Do not drink through a straw), apple sauce.
- Please no alcoholic or carbonated beverages for the first 72 hours after surgery.
- Remember: Proper nutrition is necessary for healing.

SWELLING:

- Swelling for the 72 hours after surgery is normal; don't be alarmed.
- Ice packs should only be applied for the first 24 hours after surgery. * Plastic bags filled with crushed ice and wrapped in a towel or a commercial ice bag are a good mode of application.
- Apply ice for 20 minutes and then leave off for 10 minutes.
- After 24 hours ONLY use warm moist heat. This can be applied by taking a hot shower or with a wash cloth moistened with warm water and then applied to the out side of the face, cheek and or chin.

RINSING:

- Avoid rinsing, spitting, drinking through a straw and alcohol containing mouth rinses for the first 24 hours as it may prematurely dissolve the blood clot.

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- Rinse gently with warm salt water (use one teaspoon of table salt in 8 oz of warm water) after meals and at bedtime for the next 14 days is important. After 72 hours a more vigorous rinsing is encouraged after meals and at bedtime for next ten days is important.

BRUISING:

- Bruising may be present and to varying degrees. It will subside over the next 5-10 days.

SMOKING:

- DON'T DO IT!!! Smoking will increase pain, and lead to poor healing and failure of the surgery.
- It will lead to dry sockets, failure of bone regeneration and failure of dental implants.

ACTIVITY:

- Avoid excessive physical exertion during the first 24 hours following surgery. Be sure to get adequate sleep.

TOOTH BRUSHING:

- No tooth brushing the day of surgery.
- Brushing of the surgical site should be avoided for about one week following surgery to prevent disruption of the blood clot. You will be given further oral hygiene instructions at your post operative visit.
- The remainder of the mouth should be brushed and flossed.

SUTURES/SURGICAL DRESSING:

- A variety of sutures and surgical bandages (dressings) may have been used as part of your therapy. They will either dissolve on their own or be removed at the appropriate post operative appointment.

SEDATIVE AGENTS:

- The major effects of the sedative agents should have worn off before you are allowed to leave the office. However there can be residual effects lasting up to 12 hours. During this time your reflexes and judgment may be altered. Therefore **you are advised** NOT to drive an automobile or operate any machinery during the day of the sedative agent and or while taking Narcotic pain medications.
- You may experience light headedness, dizziness, etc., Please do not try to walk without assistance for the next several hours following surgery.

POSSIBLE CONDITIONS FOLLOWING SURGERY:

- *Antibiotics:* May cause diarrhea or stomach upset. Eating active culture Yogurt may help decrease incidence by restoring normal intestinal flora.
- *Fever:* The normal average oral temperature is 98.6 degrees; Fahrenheit. *Your* temperature may rise slightly for 2-3 days following surgery and is usually of no concern. However a persistent raised temperature should be reported to the office. Drink plenty of Fluids!
- *Muscle Stiffness:* Tenderness and stiffness within the chewing muscles may develop during post operative period and should not alarm you. It is usually due to swelling in the area of the muscles and is best treated with warm moist heat therapy. It should slowly resolve over the subsequent 5-10 days.



- *Nausea/Vomiting:* Nausea following surgery is usually due to taking medications on an empty stomach. Keep eating, drinking fluids and take as few narcotic pain pills as possible. Usually sipping on FLAT ginger ale or Coca Cola may help to settle your stomach. Call the office if severe nausea or vomiting persists.
- *Numbness:* As we explained prior to surgery or you read in your consent form, a partial numbness of your lips and tongue may be apparent when the local anesthesia wears off. Time will usually resolve this condition. It could be several weeks to months before feeling returns. It is hard to perceive the change. Sensations of “tingling, burning, or electric shocks” in the numb area indicate that feeling is returning. Please bring any numbness to the staff’s attention at your first post operative appointment.
- *Sore Corners of the mouth:* The corners of your mouth may be dry and cracked after surgery. This is best treated by gently applying Vaseline or similar product.
- *Sharp Bony Edges:* Small pieces of bone or bone graft material may work its way out of the surgical site for up to 6 weeks following surgery. Small bony edges following surgery may resolve on its own over a period of a few weeks. If necessary, the removal of these tiny bony spicules is a routine procedure.
- *Dry Socket:* This may occur 3-5 days following tooth extraction. Usually this is characterized by an “earache” like throbbing pain and foul taste and odor as the result of loss of the blood clot in the tooth socket. Treatment involves irrigation of the tooth socket and the placement of a surgical dressing into this affected socket to minimize the discomfort.

IMMEDIATE DENTURE INSTRUCTIONS:

- The denture that was placed in your mouth immediately after surgery will serve as a surgical bandage.
- Leave the denture in place for the first 24 hours. If the denture is removed too early, the oral tissues may continue to swell and your denture will not be able to replace the denture.
- After 24 hours, remove the denture as needed to clean or rinse your mouth.

Following the first 24 hours, it is important to keep the denture out of your mouth at night to allow for the tissues to “breathe” and heal properly.