

Post op - Instructions for Surgery Patients

General Instructions

1. Increase your fluid intake following surgery and maintain a soft diet. If you have difficulty drinking fluids or swallowing, contact the office.
2. Leave your dentures in place during the first day of surgery unless they are too uncomfortable to wear. Remove your dentures and leave them out as much as possible thereafter (especially at night).
3. Do not pull on your lip to examine the surgical site. The incision may open which can jeopardize the bone graft and or implant and delay healing.
4. Do not smoke for at least ten days after surgery and if possible do not smoke at all. Smoking will delay healing and contribute to a greater risk of graft and/ or implant failure.
5. Avoid rinsing vigorously or spitting until the sutures are removed.
6. Starting the day after surgery, brush and floss your teeth as usual (not in the operated area). Rinse your toothbrush under hot water to soften the bristles and avoid vigorous rinsing. Gentle rinsing with Peridex will help to clean the treated area.
7. Please limit your physical activity following surgery. You should be able to resume light activity in a day or two.

Sinus Graft Surgery

1. Avoid rinsing vigorously (ballooning your cheeks) or spitting until the sutures are removed.
2. Do not blow your nose and sneeze with your mouth open. You may experience some bleeding from the nose. If you feel congested, the doctor may recommend an over the counter nasal spray such as Afrin and decongestants such as Sudafed tablets. DO NOT use nasal spray for more than 3 days.

Bleeding

Slight bleeding for a number of hours following surgery is not unusual. Your saliva may be tinged with blood for up to 24 hours. If heavy bleeding is still present a few hours after surgery, moisten a wash cloth or wrap a tea bag in moist gauze and place it over the area applying pressure for one-half hour. Repeat this if necessary. Holding small amounts of ice water in your mouth will usually stop any slight oozing. If there is excessive bleeding the day of or large continual bleeding the day after surgery, call for instructions.

Pain

You will probably have pain in the area the day of and the day following surgery and possibly longer. Take your prescribed pain medication after surgery even if you do not feel pain. It is easier to prevent pain than decrease it. Take pain medication when you arrive home and every 6 hours for the next 48 hours, then as needed. Do not drive or operate machinery when taking narcotic medications such as Vicodin (hydrocodone), Percocet (oxycodone), or Tylenol #3 with codeine. Limit your activities the first few days after surgery. Trying to do too much too fast increases the swelling which increases your pain.

Swelling

To minimize swelling, a cold pack should be intermittently applied to the face next to the operated area (use washcloth frozen in zip-loc bags and wrapped in paper towel). Keep the cold pack on for 10 minutes then 20 minutes off. Repeat this sequence for 24 hours or minimum of 4-6 hours the day of surgery. Bed rest immediately after surgery with the head elevated by a pillow is also recommended. By limiting your activity the day of surgery, you will significantly limit the degree of swelling. *Swelling usually peaks three days after surgery and may persist for several days. There may be numbness associated with the swelling. Fair skinned patients and patients who bruise easily may anticipate some discoloration of the skin over the area. If the swelling is severe and/or you feel feverish as well, please call.*

Notify the office if any of the following occur

1. If you have any signs which may indicate a drug reaction or allergy such as itching, hives, rash or difficulty breathing.
2. Your body temperature becomes higher than 100 degrees F.
3. Numbness persists three days after surgery.
4. Pain in your jaw is not relieved by the prescribed pain medication.
5. If you have difficulty in swallowing or breathing.

Dr. Park's cell: 562-686-1746