

WHAT TO EXPECT AND HOW TO CARE FOR YOURSELF IN THE POST-OPERATIVE PERIOD

THE INSTRUCTIONS YOU ARE GIVEN AID IN SPEEDING YOUR HEALING AND AVOIDING POST-OPERATIVE COMPLICATIONS. FAILURE TO FOLLOW THEM EXACTLY CAN LEAD TO SIGNIFICANT PROBLEMS. PLEASE READ THEM CLOSELY. FEEL FREE TO CALL IF YOU HAVE ANY QUESTIONS.

- *NO smoking for 21 days.
- *NO Nose Blowing if you had a sinus Graft.
- *NO straws or spitting for 14 days.
- *NO strenuous activity for 14 days.
- *NO carbonated beverages for 5 days.
- *NO alcoholic beverages for 7 days.
- *Take medications as directed.
- *Follow diet instructions closely.
- *Use cold packs to the cheeks as directed.
- *No food should touch your surgical area

BLEEDING: Some slight oozing is to be expected for the first 24 hours. Place the folded gauze directly over the surgical areas and bite with light pressure for 1 hour. If bleeding continues, change the gauze every 45 minutes. You may leave the cotton out when it is red but not soaked through when changed. **Do not chew on the gauze. Do not spit.** If the gauze is not working, bite on a moistened tea bag for 45 minutes and repeat once or twice. Plain Lipton tea or other black tea is best. If still not controlled, call the office.

SWELLING: Significant swelling is normal after extensive bone grafting. **If you had a sinus bone graft, expect swelling under your eye.** The regular use of cold packs will greatly improve your comfort and decrease your swelling. Cold packs should be applied to the cheeks over the surgical sites for the first two days. Alternate the cold packs about 20 minutes on each side to avoid a cold injury. **Remember that the swelling may be bigger the second or third day.**

BRUISING: Extensive bruising is often normal after grafting procedures. No special treatment of bruising is necessary. Warm compresses may speed the resolution of the bruising if started several days after surgery. Ice or cold compresses should be used on the first two days following surgery

MEDICATION: Take all medications **exactly** as directed. The instructions on the bottles should be clear. If you have any problems with the medications, call the doctor. Do not drive or operate machinery if using narcotic pain medicines.

NAUSEA: Nausea may occur after anesthesia and after certain medications. Be sure and follow all medication instructions closely. Cool 7-up or regular Coke is often helpful and will not cause harm if used moderately. If nausea becomes severe or persistent call the doctor.

DIET: **Avoid all foods that could hit the surgical area because the wound could open causing failure of the implant/graft surgery.** The day of surgery, frequent intake of cool liquids and non-chew foods is very important to avoid dehydration and support good nutrition. (Milk, juice, yogurt, applesauce, pudding, shakes, cottage cheese, etc.) The day following surgery, cool or warm liquids and soft foods may be taken as comfort allows. No significant chewing should take place for several days. Foods such as chips, hard breads, nuts, seeds, and chewy foods should be avoided until the post-op visit.

ORAL CARE: Brushing your teeth is OK starting the day after surgery. Avoid the surgical area until instructed to clean it by your doctor. Also begin frequent warm water rinsing the second day. (Every two to three hours is fine.) Do not swish vigorously, gentle rinsing is best. Salt water rinsing is OK but not necessary.

ACTIVITY: Excess activity will increase the likelihood of problems with healing and prolonged pain. Avoid sports and exercise for five to seven days or as directed by your doctor. If activities cause soreness, refrain from doing them for a couple of days and then try again.

OTHER: Slight elevations in temperature are normal for a day or two.

Certain medications may cause constipation. Drink plenty of fluids if you are using the narcotic pain medications.

MEDICATION INSTRUCTIONS

Remember to always follow the medication instructions as written on the bottle and call the office if you have any unusual reactions to any medications.

 MOTRIN (IBUPROFEN): Use the motrin as your primary pain medication. Take as instructed on the bottle. Be sure and take with food in your stomach. If you need to take the vicodin, still take the motrin on schedule as it will help to reduce the swelling and pain more than the vicodin alone.

 VICODIN/CODEINE: Use as a supplement to your motrin only as needed for pain. Too much of these medications can cause nausea and constipation. Take only as instructed on the bottle. When taking narcotic pain medicine, rest and sleep as possible since the medications can cause light headedness and fainting. Under no circumstances drive or operate machinery while using any narcotic medications.

 PERIOGUARD/PERIDEX: You will start to use the rinse medicine two days before surgery and continue the rinse beginning the evening after your surgery. Continue using the rinse until your post-operative visit. Use the rinse exactly as directed on the bottle. On occasion it can cause some staining of your teeth but this will come off with your regular cleaning.

 ANTIBIOTICS: Antibiotics help to minimize the potential for infection. Use exactly as directed on the bottle. Take until all are gone unless you have been told to stop by the doctor.

If you are having problems with any of your medications, call the office for guidance.

POST-OPERATIVE INSTRUCTIONS

WHAT TO EXPECT AND HOW TO CARE FOR YOURSELF PROPERLY AFTER YOUR SURGERY

For Implant Surgery, Bone Grafting and Sinus Grafting



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