

TAKE-HOME SURGERY INSTRUCTIONS

DAY OF SURGERY

- BLEEDING:
 - Some bleeding or “oozing” for the first 24-36 hours is common.
 - Keep your head well elevated the first 24 hours.
 - Gently bite on gauze for 30 minutes. Wash hands, remove the gauze and replace with new one every 30 minutes for the first 3 hours, or until bleeding has slowed.
 - If bleeding is severe, reposition the gauze so it is directly on the surgical site and bite firmly on the area for 30 minutes. As a last resort soak a black tea bag in very hot water, squeeze out water, and wrap in moist gauze and bite for 20 minutes. If none of these work, please call our office.
 - Do not disturb the surgical area today. No vigorous rinsing, no poking the area, NO SMOKING, spitting, or any other sucking action.
- ORAL HYGIENE:
 - Do not brush the surgical site/healing cap for 12 hours following surgery.
 - After 12 hours, you may carefully brush your teeth with a **manual** toothbrush (do not use toothpaste until the 3rd day).
 - Do not use a Waterpik® or hydrogen peroxide.
- SWELLING & BRUISING:
 - Swelling and bruising is to be expected and can worsen 7 days out from surgery.
 - To minimize swelling, use a cold pack wrapped in a towel and apply firmly to the outside of your cheek near surgical site for 10 minutes with 20 minute breaks in-between for 48 hours.
 - Medication will help reduce swelling, (ie...Ibuprofen).
- PAIN:
 - You have just had a major surgery and will experience discomfort afterwards.
 - Remedy by taking the prescribed medication well in advance of your anesthetic wearing off.
- MEDICATION & NAUSEA:
 - Take only the amount prescribed. **Laws prevent us from prescribing more pain medication before the first prescription runs out.** If a refill is needed, we are required to see you again to evaluate the cause of your continued discomfort. Therefore, **prescriptions are only refilled during office hours and will not be replaced if they are lost or stolen.**
 - Nausea can happen following surgery, usually a side effect of medications and how they are taken. Take pain medication with a small amount of liquid food and lots of water to stop nausea.
- CPAP:
 - If you have been advised by your doctor to use a C-PAP machine, use it during your recovery to prevent respiratory complications with prescribed medications.



- DIET:
 - Make sure to drink plenty of clear liquids during the healing process.
 - You must eat each day to heal quicker, gain strength, and ultimately feel better. We recommend high protein liquid foods the first day. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.
 - If you are wearing an immediate prosthesis (flipper/retainer) during the healing period, you must remove it while eating as to not apply pressure on the implant.
- PHYSICAL ACTIVITY:
 - Avoid all physical exertion and exercise the day of surgery. Get plenty of rest.

DAY 2 AND BEYOND

- MOUTH RINSING:
 - Warm salt water rinses can improve healing and comfort.
 - Don't spit. Rather let the liquid dribble out of your mouth into the sink.
- DIET:
 - Eat very soft high protein foods as tolerated. Boiled eggs, milk, ice cream, malts, boiled chicken, soup cheeses, junior foods, etc.
 - Avoid hard, sharp, hot, spicy, and acidic foods, (ie...chips, seeds, nuts, popcorn, etc.). They can irritate the area and cause bleeding. **DO NOT CHEW ON IMPLANT.**
- SWELLING:
 - You may press a warm moist towel to the cheek for 20 minutes at a time. This will also help with any stiffness.
- WHAT IT WILL LOOK LIKE:
 - The gums will gradually close up over the next few weeks.
 - The bone however will take 6 months or more to heal.
 - Your gums may appear red and possibly white. They will be swollen and bumpy.
- OTHER TIDBITS:
 - Food debris can get into the surgical site and cause irritation and tenderness. Try to retrieve it with gentle rinsing. If you can't, call our office.
 - If sutures were placed, depending on the type they may dissolve and fall out. If non-dissolving was used, we will schedule you a follow up appointment to have them removed.
 - If healing abutment becomes loose or comes off, call us to have it replaced.

THANK YOU

