

Implants Northwest

Dr. Daniel R. Cullum
1859 N. Lakewood Dr., Suite #101
Coeur d'Alene, ID 83814

Phone: 208-667-5565 & 800-655-8989

Fax: 208-765-9633

Email: info@implantsnorthwest.com

Before & After Care | Post-op Instructions

Instructions After Oral Surgery

1. Do not rinse, spit or drink through a straw, for 24 hours after surgery. These activities may hinder formation of a blood clot, which is necessary for proper healing.
2. Keep your fingers and tongue away from the surgical area.
3. Use ice packs directly over the surgical area (side of face) for first 48 hours, apply ice 20 minutes on — 20 minutes off. ZipLoc bags or frozen peas work well.
4. Start your pain medication immediately. You may be instructed to repeat the next dose earlier than normal to maintain your blood level of medication, as the first dose does not last as long. This is called a “staggered” loading dose and is very helpful to minimize discomfort.

5. For mild discomfort take over the counter Tylenol or Ibuprofen every four hours.
6. Drink plenty of fluids (avoid using a straw). A mixture of juices, water, soups, sports drinks etc. is best.
7. If the muscles of the jaw become stiff, use of warm, moist heat to the outside of your face as well as light massage at intervals to help relax the muscles. Sometimes repeating application of ice and taking Ibuprofen is very helpful.
8. After the first post-operative day, begin rinsing with water following meals for the first week to flush out any retained food particles lodged in the surgical sites.
9. Diet may consist of soft foods that can be easily chewed and swallowed. Start with clear broths and advance the substance of your diet as tolerated. Be careful until your numbness has fully resolved so you don't accidentally bite yourself. We want you to try to eat as normal as possible as soon as you are able. Good food really minimizes the inconvenience and tenderness! There are no arbitrary diet restrictions; however, avoiding sticky or chewy foods, seeds, nuts, popcorn, etc may be beneficial. Bon appetite!
10. A slight amount of oozing is to be expected following surgery. Applying pressure to the surgical area can control bleeding; using two rolled or folded gauze for 30 minutes. After that time, remove the gauze and then you may eat or drink. If bleeding persists, a moist teabag should be placed in the area and bite down firmly for 30-40 minutes. This will aid in clotting. Repeat if necessary. Sitting upright, application of ice and

avoiding talking and spitting are important. If bleeding persists call our office.

11. We suggest that you do not smoke for at least 5 days after surgery. Nicotine can break down the blood clot and cause a "dry-socket" and slows healing.

12. Do not be alarmed if a slight bruise should appear at the site of an IV or injection. Please call if you note any excessive bruising, swelling, redness or tenderness.

>>>Please contact us if your progress and recovery is other than steady and complete.

Some additional pointers and explanations for these instructions:

What you should do following extractions and other oral surgery procedures? Follow the simple instructions below to minimize complications and help ensure prompt recovery.

* A certain amount of bleeding, discomfort, and swelling is normal. Reduce your activity as much as possible for several hours. Avoid unnecessary talking and activity.

* After 24 hours... some oozing of blood may persist, if necessary, resume use of moist tea bags. After bleeding has stopped, cautiously resume oral hygiene.

To relieve pain

- * Immediately following the procedure... begin taking medication as directed above to minimize discomfort when the anesthesia wears off and feeling returns. Application of an ice bag can also help relieve discomfort.
- * After 24 hours, continue to take your medication if pain persists, and use an ice bag if needed.

To minimize swelling

- * Immediately following your procedure. . .apply an ice bag over the affected area. Use 20 minutes on and 20 minutes off for 24 hours to help prevent excessive swelling and discomfort. If an ice bag is unavailable, simply fill a plastic bag with crushed ice.
- * After 24 hours. . . it should not be necessary to continue with cold applications. You may expect swelling for 3 to 5 days and a mild temperature of 99 to 100 degrees Fahrenheit.

Special considerations following removal of impacted teeth:

- * Removal of impacted teeth is a surgical procedure. Postoperative problems are rare and most often can often be avoided by following the instructions closely.
- * Difficulty in opening your mouth widely and discomfort with swallowing should be anticipated.
- * Numbness of lips and/or tongue on the affected side may occasionally be experienced for a variable period of time.

Oral hygiene is important

Twenty-four hours after surgery, rinse mouth gently with a glass of water. Repeat after every meal or snack for seven days. Rinsing is important because it removes food particles and debris from the socket area and thus helps prevent infection and promote healing. Brush your tongue with a toothbrush to keep bacteria growth down and resume your regular tooth brushing, but avoid disturbing the surgical site so as not to loosen or remove the blood clot.

Maintain a proper diet

Have your meals at the usual time. Eat soft, nutritious foods and drink plenty of liquids. Eat the foods you like, but be careful not to disturb the blood clot. Add solid foods to your diet as soon as you are able to chew.

In case of problems

Patients should not experience difficulty if you follow the instructions and suggestions as outlined. But if you should have any problems such as excessive bleeding or pain, call our office immediately for further instructions or additional treatment.

Remember your follow-up visit

It is often advisable to return for a postoperative visit to make certain healing is progressing satisfactorily. A follow-up visit will be scheduled. In the meantime, maintain a healthful diet, observe rules for proper oral hygiene, and return to your dentist for regular checkups.