

## POST SURGICAL INSTRUCTIONS

Your comfort, healing, and long-term oral health are our top priorities. Please follow the instructions below carefully to support a smooth and successful recovery. If you have any questions, don't hesitate to contact us at our **West Palm Beach office at 561-967-0476** or our **Boynton Beach office at 561-734-2001**.

### GENERAL POST-SURGICAL INSTRUCTIONS

- **Medications:** In general, we prescribe an antibiotic, pain medication, and a mouthrinse for you to use after your procedure. Take these medications as instructed in addition to your other regular medications starting after your procedure unless instructed otherwise.
- **Discomfort:** As with any surgery, some discomfort is expected particularly in the first 3–4 days. It's easier to stay ahead of the pain than to catch up, so take prescribed or over-the-counter medications as directed.
- **Bleeding:** Slight bleeding or oozing is normal. If active or pulsing bleeding occurs, bite gently but firmly for 30–60 minutes on gauze or a tea bag soaked in cold water. If there are no opposing teeth in the area, apply direct pressure with gauze or a tea bag for 30–60 minutes. Replace as needed.
- **Swelling:** Swelling is common, and depending on the procedure, bruising may also occur. Swelling is likely to reach its peak at 3–4 days after the procedure. Apply an ice pack to the outside of the face (20 minutes on, 20 minutes off) for the first 24–48 hours after surgery to help reduce swelling and bruising.
- **Oral Hygiene:** Avoid brushing and flossing in the surgical area until advised. Brush and floss the other areas in your mouth as normal. Use the prescribed or recommended mouth rinse at least twice daily after brushing. Do not swish vigorously. Hold the rinse in your mouth for 30 seconds, then gently let it drain without spitting.
- **Diet:** Eat and drink soft, room temperature or cool foods and drinks for the first few days after surgery. Avoid using straws as it can disrupt the blood clot necessary for healing. Avoid hard, spicy, or crunchy foods, as well as hot beverages and alcohol. As healing progresses, transition to firmer foods like scrambled eggs, mashed potatoes, or pasta. If chewing causes pain, return to softer foods.
- **Smoking:** Refrain from smoking or using tobacco products as they significantly impair healing of any surgical procedure.
- **CPAP:** If possible, refrain from using a CPAP machine for the first 3 weeks after the procedure.
- **Activity:** Rest the day of surgery. Avoid strenuous activity for 48–72 hours to allow your body to focus on healing. Minimize movement of the jaw (opening wide, speaking a lot) as much as possible to allow for optimal healing.

## PROCEDURE SPECIFIC POST-SURGICAL INSTRUCTIONS

### **Dental Implants:**

- For implants that are not buried under the gums, it is critical to avoid chewing or putting any pressure on the implant until at least 2 months after implant placement, unless specifically instructed.

### **Gum Grafting:**

- Avoid opening wide, excessive movement, or looking at the surgical site for the first three weeks after the procedure. Gum grafting procedures are extremely delicate and minimizing movement is essential to optimal healing.
- If a palatal stent or surgical dressing has been placed, wear it as directed. Surgical dressings often fall off on their own within 1 week. This is normal and expected.
- Use the StellaLife recovery kit as instructed.
- If pressure is needed to stop bleeding, apply it in the direction of the tooth crowns, not the roots. (Apply pressure in a slightly downward direction for upper teeth, and upward for lower teeth.)
- Mild white or yellow appearance of the graft is normal during early healing.

### **Bone Grafting:**

- Do not chew on the grafted site or apply pressure to the area while the area is healing. Minimizing any movement is key for success.
- Small granules of bone graft material may occasionally be seen in the mouth during the first few days—this is not unusual.

### **Sinus Procedures:**

- Avoid blowing your nose. Use over the counter nasal decongestants such as Flonase if you have persistent nasal congestion.
- If you must sneeze, do so with your mouth open to reduce pressure in the sinus.
- Avoid flying in an airplane or diving for at least 4 weeks unless cleared by your surgeon.

## WHEN TO CALL OUR OFFICE

- Bleeding that does not stop after 30–60 minutes of firm pressure
- Swelling and a sensation of warmth at the surgical site that returns and progresses in severity a week or more after the procedure
- Severe, increasing pain not relieved by medication a week or more after the procedure
- If you develop a foul odor or taste in your mouth
- If you develop a fever
- Any adverse medication reactions, such as a rash or vomiting
- You have any questions or concerns