**Surgical Post Operative Instructions**

**IF YOU HAVE RECEIVED ORAL OR IV SEDATION DRIVING ANY MOTORIZED VEHICLE OR OPERATING ANY  
MACHINERY IS PROHIBITED UNTIL THE NEXT DAY.**

*Following surgical care, you will be provided with the phone number of your treating provider.*

The post-operative instructions listed below should be followed accurately in order to speed your recovery.

***SWELLING* –** The first 24 hours is the most critical phase for swelling control. Most swelling does not visibly appear until 24-48 hours after surgery. It is therefore important to apply ice (on and off) at 20 minute intervals. Ice application after 48 hours slows healing and prevents swelling reduction.

***EATING*** – The rule of thumb is “C.S.S.” (cooler, softer, smaller). Avoid any crunchy foods, spicy foods, nuts, seeds, chips, pretzels, etc. Any food that is cool, easy to chew, and soft is okay to eat. Please see post-operative food list for a list of examples. DO NOT eat or drink anything hot during the first 24 hours. Please avoid straws for the first two weeks as it may effect the surgical site.

***EXERCISING*** – Aerobic activities and heavy lifting should be avoided for the first 72 hours.

***SMOKING –*** The less you smoke, the faster the surgical area heals and fewer complications arise.

***PAIN CONTROL*** – Pain management begins immediately after surgery. The medication

MUST be taken whether you experience pain or not. Please see the ***"Medication Reconciliation"***

provided for further instructions.

***ORAL HYGIENE INSTRUCTIONS*** – Do not brush or floss the surgical area until after the

first post-operative appointment. Begin a warm salt water rinse tomorrow to keep the area clean

after each meal. You may brush the remaining areas of your mouth as well as your tongue to

maintain fresh breath. Please do not use a water pick or water floss at this time.

***BLEEDING –*** Normally there will be some bleeding following surgery. The application of pressure from a damp, cool cloth or ice in these areas will usually hasten clotting. Continued bleeding can be controlled by firm pressure on a dampened tea bag/gauze placed directly on the area for a **minimum** of **5-10 minutes**. However, should you become concerned about excess bleeding, please call the office or page the doctor for further instructions.

***To minimize bleeding risk, you should try to keep your head elevated for the first day following surgery. Using an extra pillow while you sleep or resting in a reclined position (instead of laying flat) will help reduce the blood pressure at your surgical site.***

***APPLIANCE CARE:***

**Prosthesis-**Before wearing your prosthesis, it must be modified. Full dentures need to kept in place for the first 48 hours to minimize swelling.

**Palatal Stent-**Please wear your palatal stent for the first 48 hours postoperatively. After 48 hours, the stent may be taken out to rinse. For comfort, the stent may be worn for the first two weeks postoperatively.

**Essex Appliance-** If possible, please avoid wearing the Essex appliance for the first 24 hours to avoid staining from postoperative bleeding. After 24 hours, the appliance may be worn as needed for esthetic purposes only.

*Please follow instructions on when to wear your removable device. Failure to do the above appliance care could jeopardize healing.*

***PERIODONTAL DRESSING****:*- The pinkish "casts" can remain until your next appointment, but may fall out earlier. These were applied to provide greater comfort. If the dressing falls off do not place it back in. Please call us to inform us that the dressing has fallen off. Again, should it loosen, do not force it back into place.

***PRECAUTIONS:***

No vigorous rinsing or spitting for the first 24 hours. This tends to promote bleeding.

Teeth maybe sensitive to cold & hot beverages due to thermal stimuli.

If sutures become loose or stringy, **do not pull on them,** they are all connected**.**

**If you are uncertain as to what to do, please do not hesitate to call our office (630) 627-3930.**

