

TIM SILEGY, D.D.S.

ORAL AND MAXILLOFACIAL SURGERY

POST-OPERATIVE INSTRUCTIONS FOR IMPLANT PLACEMENT AND BONE GRAFTING

BLEEDING

Bite down firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Do not change them for the first twenty minutes unless the bleeding or oozing is uncontrollable. It may be controlled by placing fresh moist gauze over the surgical areas and biting down firmly for 30 minutes. If bleeding remains uncontrolled, please call our office.

DIET

Eat any nourishing food that can be taken with comfort. Temperature of the food doesn't matter, but avoid extremely hot or spicy foods. Suggested food for the first day of surgery is **mashed potatoes**. Day 2 or 3 you may have overcooked pasta, milk shakes (no straws), Jello, puddings, baby food, yogurt and ice cream. **Avoid popcorn, chips, nuts, rice, oatmeal and foods containing seeds.** No carbonated beverages for one week. It is important not to skip meals. If you eat regularly you will feel better and heal faster. If you are diabetic this is especially important. Avoid alcoholic beverages especially when taking medications.

PAIN

Unfortunately, most oral surgery is accompanied by some degree of discomfort. **If you take your first dose of pain medication before the anesthetic has worn off, you will be able to better manage your discomfort.** Avoid taking aspirin for pain. Antibiotics may be prescribed to reduce the small risk of infection, it is important that you take **ALL** of the prescription as directed.

NAUSEA

Nausea is a common side effect of narcotic pain medications. Taking your pain medication after meals will prevent or reduce any nausea that you experience. It is very important not to swallow blood. Therefore, it is important to follow the instructions concerning bleeding.

SWELLING

Often there is some swelling associated with oral surgery. You can minimize this by using a cold pack or ice bag wrapped in a towel and applied to your face or cheek adjacent to the surgical area. Frozen peas or corn work well. Avoid sleeping or lying on your side. Instead, keep your head elevated with two pillows.

CARE

Do not disturb the surgical area today. Do not rinse vigorously (especially for bone grafting) or probe the area with any objects or your fingers. You may brush your teeth gently. No rinsing with anything or spitting for one week, you may have stitches. Avoid using straws and carbonated beverages. **DO NOT SMOKE** for at least 48 hours, since it is very detrimental to healing and may loosen bone graft particles. **No chewing or biting down in the surgical area for at least 3 months.**

PARTIAL OR DENTURE

We will have told you when and how to wear your appliance, it is very important that very little pressure be exerted on the gum tissue.