

It is our goal at the **Center for Implant Dentistry & Oral Surgery** that your recovery be as smooth and comfortable as possible. By carefully following these instructions you will minimize any pain and swelling and lessen the chance for infection and complications.

Please **read these instructions carefully** before calling the office. If after reading these directions, you have any questions **call the office** and your doctor will be happy to speak with you.

Do not disturb the surgical area.

Avoid rinsing, spitting and touching the wound at least 24 hours after the surgery.

Avoid exercising, running, heavy lifting until the surgical area completely heals.

Eat cold and soft food first 24 hours after the surgery.

No eating and chewing around the implant area at least 6-8 weeks (for implant patients only)

FIRST HOUR

- **PAIN MEDICATION** If instructed by your surgeon, take the first dose of your pain killer medication immediately and before the local anesthesia has worn off.
- **GAUZE PRESSURE** – Bite down firmly on the gauze packs that have been placed over the surgical areas, make sure they remain in place. Do not change them for the first 30 minutes unless the bleeding is heavy. After 30 minutes, place enough new gauze to obtain pressure over the surgical site for another 30 minutes. The gauze may then be changed as necessary (typically every 20 to 30 minutes). It is best to slightly moisten the gauze with tap water and loosely fluff for more comfortable positioning. Bleeding from oral surgery may take 24 hours to fully stop. Read below.
- **PROTECTING THE BLOOD CLOT** – Do not rinse, smoke, or drink with a straw for at least 48 hours after your surgery. If you have been prescribed an antibiotic mouthwash, you may begin to use it gently at bedtime the night of your surgery.

The chemicals in cigarettes are caustic and will significantly delay healing, increase post-operative pain, swelling, risk of infection, and dry socket.

- **ICE PACKS** – Swelling is common following oral surgery. Swelling can be minimized by using cold packs, or a bag of frozen peas applied firmly to the cheek nearest to the surgical area. This should be applied ten minutes on and ten minutes off during the first 24 hours after surgery. Do not use any ice after the first 24 hours.

AFTER THE FIRST HOUR

- **PERSISTENT BLEEDING** – Mild bleeding or oozing is normal during the first 24 hours. If necessary, reposition the gauze packs directly over the surgical site. If bleeding persists or becomes heavy you may substitute a tea bag (soaked in very hot

water, squeezed damp-dry and wrapped in a moist gauze) for 20 or 30 minutes. The tea contains a beneficial chemical that locally constricts blood vessels. If bleeding remains uncontrolled after a full hour of using the tea bags, call our office. Remove

the gauze while you eat and sleep. Place an old towel over your pillow, as one drop of blood will turn a mouth full of saliva red. It is completely normal to experience mild oozing of blood from the surgical area for a full 24 hrs. Once the bleeding has stopped you do not have to use anymore gauze.

POST-OP DAY #2 AND BEYOND

- **ORAL HYGIENE** – Keeping your mouth clean after surgery is essential. Avoid commercial mouthwashes, the alcohol they contain may irritate the surgical site. Avoid brushing the surgical area for at least two weeks. However, we do encourage you to brush and floss all other areas.
- **SWELLING** – Normal healing after the surgery should be as follows: The first three days after surgery are generally the most uncomfortable and there is usually some swelling. On the 4th day you should be more comfortable and, although still swollen, can usually begin a more normal diet. The remainder of the post-operative course should be a gradual, steady improvement. If you do not see continued improvement, please call our office.
- **DRY SOCKET** – A dry socket is a painful condition that results from premature loss of the blood clot. Symptoms of a dry socket typically occur on the 3rd or 4th post-operative day. Severe throbbing pain, which is not responsive to pain medications and bad breath, are the usual complaints. This condition requires an office visit where your surgeon will gently place a medicated dressing into the tooth socket. Pain relief is often immediate once the site is treated. A few visits may be necessary in some cases.
- **SHARP EDGES/SUTURES** – If you feel something hard or sharp edges around the surgical areas, it is likely you are feeling the bony walls, which once supported the extracted teeth or the ends of the sutures. Occasionally small slivers of bone may work themselves out during the following weeks. This is normal but if they cause concern or discomfort, please call the office. Dissolvable stitches begin to melt away as you heal. Loose ends may be cut short with a clean sharp scissors or gently pulled.

Following these instructions will assist you, but if you have questions about your progress, please call the office. Calling during office hours will result in a faster response to your question or concern. PLEASE NOTE: Telephone calls for renewing narcotic (pain killer) prescriptions must be made during regular office hours as pharmacy's do not accept over-the-phone narcotic refills.

I have read the above statements about postoperative complications which may be expected following the oral surgery procedure

which is to be performed on _____
(Patient's or Legal Guardian's Name)

All questions have been answered to my satisfaction and I understand the risks which may result from the planned surgery.

I consent to _____
(Name of the procedure)

Patient's or Legal Guardian's Signature: _____ Date: _____