

## Care Instructions After Implant/Sinus Lift/Bone Grafting Santa Rosa Oral Surgery

Congratulations! You are on the road to restoring the form, function and appearance of your dentition. Here are some important post-operative instructions to help hasten your recovery and reduce the likelihood of problems:

1. **Pain.** Some discomfort is normal after your operation. 400-600 mg every 4 to 6 hours of ibuprofen (Advil, Motrin or generic) is usually an excellent choice - *IF you are not allergic or intolerant to non-steroidal anti-inflammatory drugs.* **If you are asthmatic, do not take ibuprofen** unless you have tolerated it in the past. If we have prescribed narcotic medicine for you, **alternately** taking the ibuprofen and narcotic when needed will improve your pain control. Some liquid/food in your stomach before taking pain medicine is usually a good idea in preventing nausea. Remember, pain medicines that contain a narcotic which can impair judgment and reflexes. Avoid driving or doing anything potentially dangerous while taking these medications.
2. **Gauze pads.** Gauze pads should be placed over the surgery site(s) with **gentle pressure** applied to the pads when you bite down; proper placement helps you avoid swallowing blood, which can make you **more nauseated**. The gauze pads should be replaced every 20 to 40 minutes. When the gauze pads have little or no blood on them, they are no longer necessary. The amount of bleeding will vary from person to person. Any heavy bleeding should slow within 3 to 4 hours. A small amount of blood is common up to 24 hours after your surgery and occasionally during sleep the first night. AVOID touching the area with fingers or your tongue.
3. **Rinsing.** Do not rinse your mouth the first day. **Starting the second day, gently rinse for 30 seconds every morning after breakfast and brushing, and at bedtime with diluted Listerine for 2 weeks. During the daytime, rinse with warm salt water** every 3 hours, with approximately 1 teaspoon dissolved in a glass of water (a pre-made bottle each morning will lessen the amount of work.!) Do not use full-strength mouthwashes of any kind during the first week (mouthwashes contain alcohol which will retard healing).
4. **Swelling.** Swelling is a normal occurrence after oral surgery and is **a major cause of discomfort**. Swelling normally reaches its peak by the 3rd day and then starts to resolve; it can be reduced by the **use of an ice pack** (or bag of frozen peas) over the affected area. Apply the ice pack for 10 minutes- avoiding heavy pressure, then remove or transfer it to a different area for 10 minutes. Do not freeze the skin. Ice packs are useful for the first 24 hours only. Also, **keep your head elevated on 2 pillows** for 4 days. These measures won't eliminate swelling, but help immensely to reduce its severity.
5. **Diet.** Do not eat for **2 hours after surgery** (to allow blood clotting to begin undisturbed) then start with clear liquids, such as apple juice, tea or broth. Gradually ramp up your diet as tolerated. Always cool down any hot foods or liquids during the first 24 hours. If you were sedated for surgery, avoiding fatty, creamy or oily foods helps minimize, nausea. You should eat only soft food for the first week: for example, soups, juices, mashed potatoes and meatloaf are fine. Avoid any hard & chewy foods such as European breads, pizza crust, steak or jerky, and nuts or popcorn for 2 weeks. Avoid using straws for a couple of days.
6. **Oral Hygiene.** Begin brushing your teeth on the **day following surgery but gently so near the affected area**. It is important to brush all your teeth, even if the teeth and gums are sensitive. It is important to proper healing that plaque and food are not allowed to accumulate near the extraction site. **Smoking is strongly discouraged** for at least a week. As with the use of straws, suction causes increased bleeding AND the nicotine and tar can cause delayed healing and loss of blood clot.
7. **Activity.** You should avoid any physical activity during the first 48 hours following surgery. Physical activity will increase your blood pressure which will cause an increase in your swelling and increase your bleeding. You should avoid strenuous physical activity, such as jogging or tennis for 5 to 7 days.
8. **Emergencies.** If there are any serious problems or questions which need a doctor's immediate attention, one of our group's doctors is available 24 hours through the answering service at (707) 545-4625.