



DENTALIMPLANTDOCS.COM

Steven F. Molpus, DDS
Oral & Maxillofacial Surgery

POST-OPERATIVE INSTRUCTIONS

(Please read both sides of this form)

WHEN YOU GET HOME AFTER SURGERY:

1. Take out all gauze
2. Eat or drink something (do not use a straw for one week)
3. Replace with new gauze (2 pieces, folded in quarters, moisten with a few drops of water.)
4. You may take a short nap

WHEN YOU WAKE UP FROM YOUR NAP, OR 2-3 HOURS AFTER SURGERY:

1. Take out all gauze
2. Eat or drink something again
3. Take all medications
4. Replace with new gauze if the surgery site is still bleeding

GAUZE: Leave gauze in place for a minimum of 60 minutes. Apply constant, firm pressure on the gauze by biting teeth together – do not chew. It is not unusual to need to replace this gauze, however, each gauze pack should be left in place with firm pressure for a minimum of 60 minutes until bleeding is controlled.

RINSING: Do not rinse with anything on the day of surgery. Begin with warm salt water or Peridex rinses after 24 hours. (1/4 teaspoon of salt mixed with an 8 oz. glass of warm water.) No vigorous swishing or spitting. Begin brushing teeth thoroughly after meals on the first day after surgery. Brush gently around surgery site. Do NOT use a drinking straw for one week.

FOOD: Liquids only until numbness has worn off. Take care not to bite lip or cheek while numb. You may have a soft diet after the first 4 hours. Try to keep food away from the surgical site if possible. **DO NOT CHEW WITH FLIPPER**

PAIN: Take one of the “pain pills” which were prescribed after having eaten or having had something to drink. For moderate pain, one or two tablets of Tylenol or Ibuprofen may be taken every three to four hours. For severe pain take tablets prescribed for pain by this office, follow the instructions on the bottle.

IMPORTANT! Swallow tablets; do not dissolve in mouth. The prescription for pain from this office will make you a little groggy and will slow your reflexes. Do not drive an automobile or work around machinery while taking these stronger pain pills.

NAUSEA: Nausea and vomiting is not uncommon the day of surgery. If this becomes excessive or continues the following day, please call us.

ANTIBIOTICS: If an antibiotic is prescribed, it should be taken as directed on the bottle UNTIL ALL ARE TAKEN. Pain pills should only be taken when needed to relieve discomfort.

ICE 48 HOURS: Keep an ice bag over the outside of your jaw for the first 48 hours – 10 minutes on and 10 minutes off, while awake.

MOIST HEAT: After 48 hours, use warm, wet compresses on the outside of your face – 10 minutes on, 10 minutes off, while awake, for about 24 hours.

REST: Although strict bed rest is NOT required, excessive physical exercise, especially lifting, bending over, or straining should be avoided for the first 4 days after surgery. Sleep on 2 pillows or in a recliner to avoid additional swelling for the first 2 or 3 days after surgery.

TOBACCO AND ALCOHOL: It is advisable not to smoke for the remainder of the day of surgery. Smoking and alcoholic beverages should be avoided for at least one week after surgery. These may lead to irritation of the surgical site which may cause severe pain and complications.

BLEEDING: Following oral surgery, some bleeding or oozing is not uncommon. Usually this can be controlled by placing moist gauze over the surgical site and biting with firm pressure for a minimum of 60 minutes. At the same time, place an ice bag over the face in this area. Remain quiet, lying with head elevated on several pillows or sit upright. If bleeding cannot be brought to within normal limits, call the office.

DIET: Non-Chewing Diet A non-chewing diet is anything that does not require your jaws to snap together to consume. The occlusion is what can cause problems in your healing process, so you want to avoid the chewing motion altogether. This definitely means nothing with any "crisp" to it. Again, only food you can mainly swallow without the chewing motion, or food you can rub between the roof of your mouth and tongue to break down & then swallow

****Implant Patients****

Do NOT chew directly over the implant or Temporary crown for the duration of healing

So, things like:

- Juices
- Broth – beef, chicken, turkey, vegetable
- Pureed soups – tomato, butternut squash, asparagus, etc.
- Cream of wheat hot cereal
- Grits
- Slim Fast or Boost liquid protein drinks
- Completely whipped (no mashed) potatoes or sweet potatoes that you can swallow – no bits
- Whipped, ripe avocado – add some salt & hot sauce for flavor
- Hummus
- Polenta
- Plain cheese quiche without the crust
- Creamy peanut or almond butter
- Small slices of ripe banana –
- Smooth yogurt with no fruit
- Ice cream/frozen yogurt/sorbet with no bits of anything in it...let it melt some in your mouth and swallow
- Beginner baby foods with no pulp or bits (if you can stand them! Some people enjoy the fruit ones)
- Jell-O
- Pudding or custards
- Applesauce – not chunky
- Milkshakes – Tropical Smoothie Cafe could be your new best go to place!
- Cheesecake with no crust
- Cream pies without the crust
- Cheese or chocolate soufflé
- Chocolate mousse

You may also want to add something like Metamucil or other liquid fiber supplement while you maintain a non-chewing diet.

IMMEDIATE DENTURE: If an immediate denture is inserted, do not remove it for 24 hours. Then rinse with warm salt water, clean the denture and re-insert it.

****IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE AT: 501-771-4631****