

# Post-Surgical Instructions

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## **Sedation:**

–Do not plan to do anything today except rest at home if you have taken a sedative pill. It will take a few hours for the drowsiness produced by the sedation to wear off. You may need assistance when walking from room to room for the remainder of the day.

## **Foods:**

–First 36 hours(1.5 days): cold, soft diet only! Slimfast, Boost, Ensure, ice cream, shakes, pudding, yogurt, jello, etc..  
–NO CARBONATION, ACIDIC FRUIT JUICES OR STRAWS FOR 3 DAYS  
–After 36 hrs(1.5 days), for the next 2 weeks, a very soft food diet should only be eaten (pasta, soups, eggs, fish, oatmeal, rice, beans, steamed veggies). Avoid any hard, spicy, crusty, coffee or acidic foods.

## **Prescription Medication:**

–Antibiotics: take as directed on bottle until all are gone. If rash or nausea occurs, discontinue and call office immediately.  
–Vicodin (hydrocodone) [ ] Tramadol 50mg  
–Ultracet (Tramadol & acetaminophen)  
–Ibuprofen 600mg

## **Non-Prescription Medication:**

Take (3) Advil and (2) Tylenol Extra Strength every 6 hours for severe discomfort. Otherwise, follow standard dosing on the bottle. This information is from the latest research provided by The Journal Of Oral and Maxillofacial Anesthesia and is recommended for a short term (3-5 days) to avoid narcotics. As soon as possible, reduce the medication to only what you need.

## **Sinus Lift:**

IF YOU ALREADY TAKE ANY OF THESE MEDICATIONS DAILY, CONTINUE TO USE YOUR MEDICATION. Otherwise:

- Claritin-D OR Zyrtec (choose only one oral medication) take early morning beginning the day after surgery to keep the sinus cavity clear while healing occurs. USE FOR 14 DAYS
- Afrin nasal spray (original formula) use 2 puffs in each nostril to keep the sinuses clear while healing occurs. USE FOR 3 DAYS

#### **Nausea:**

Can be common when taking any medication or having sedation. It can usually be prevented by ensuring you snack frequently. If nausea is a problem, sip on a FLAT Coca Cola Classic over ice at frequent intervals (Coke works faster than Sprite or 7- UP) or contact the office for a prescription.

#### **Facial Compresses:**

- First 36 hours ice only--20 minutes on and 5 minutes off until bedtime. Do not sleep overnight with an ice pack on your face.
- 36 hours after surgery: wet heat compresses only. 20 minutes on the face and off for 2 hours throughout the day or when home at night. Wet, steamy washcloth works well and can be reheated in a microwave or crock pot. Fill the crockpot with water and keep on low setting.

#### **Bleeding:**

- Expect some slight bleeding for 24-36 hours. Swallow on a regular basis to prevent a buildup of saliva in your mouth.
- NO rinsing, spitting, swishing, brushing or cleansing for 36 hours! This will cause bleeding to continue or worsen. If bleeding seems excessive, hold ice chips in your mouth letting them melt and swallow liquid.

#### **Head Elevation:**

- Elevate your head while resting in bed for the next 3 days. Usually 2 pillows is sufficient as long as your head is higher than your body. This works well in reducing or eliminating swelling.

**The following instructions are specific to your type of procedure.  
Please follow only those instructions marked with an X:**

[  ] periodontal surgery [  ] bone grafting [  ] extraction(s) [  ] dental implant(s) [  ] other procedure

Begin [  ] after surgery:

–Brush ONLY chewing surfaces (top of teeth) of teeth adjacent to the surgery site with toothbrush and toothpaste provided--DO NOT brush surgery sites as it may disturb the gum from reattaching. Use a regular toothbrush in all areas far away from sutured areas. NO WATERPIK until doctor releases at first checkup appointment

[  ] gum graft(s) instructions

–DO NOT FLOSS IN THESE AREAS UNTIL ADVISED

–NOTE: there may be a plastic protective putty in the roof of your mouth over the incision. This (Band-Aid) can come loose at any time. Let it fall out naturally as it is entangled with your sutures. Removing it by force can cause excessive bleeding and discomfort.

[ ]sinus elevation additional instructions

–DO NOT BLOW NOSE FOR 7-10 DAYS

–DO NOT DRINK WITH A STRAW 7-10 DAYS

–DO NOT SNEEZE WITH MOUTH CLOSED FOR 7-10 DAYS

–DO NOT SMOKE FOR 7-10 DAYS.

[ ] Resume workout/ exercise [ ] days after surgery.

[ ] Resume Blood Thinners [ ] days after surgery.

[ ] **Removable Appliance** needs to remain in mouth for [ ] days after surgery unless instructed otherwise.

–DO NOT WEAR ANY TYPE OF REMOVABLE APPLIANCES AFTER SURGERY UNLESS APPROVED BY THE DOCTOR IN ADVANCE (Invisalign, retainers, partials, dentures, nightguards, snore guards, flippers an CPAP masks)

## For All Surgical Procedures

–36 hours after surgery: rinsing with warm salt water several times a day (after meals) will help gum tissue feel better and ensure adequate bathing of surgical sites!!!

– do not smoke for at least 3 days after surgery--nicotine irritates the tissue, causes greater discomfort and can cause a procedure to fail.

–do not pull or tug on sutures. They will be removed at your post-operative appointment.

## IMPORTANT NUMBERS

Dr. Tanur cell: 214.870.5566

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