

# POST SURGICAL INSTRUCTIONS

Any questions or Concerns please contact Dr. Tanur (214-870-5566) or Dr. Ovadia (617-899-7900)

**FOLLOW-UP APPOINTMENT DATE:** \_\_\_\_\_

## **Discomfort**

Discomfort is expected to last up to **48-72 hours** following the surgical procedure but is usually minimized with Prescription Narcotic medications or with over-the-counter pain medications. On some occasions the discomfort may last up to a week following the surgery (*Depending on the type and extent of the procedure*).

### **Over-the-counter Analgesics: Tylenol or NSAIDS: (Ibuprofen, Advil, Motrin, Alleve)**

Often Tylenol and a NSAID can be taken together to achieve a stronger analgesic effect but only if a narcotic medication is not being taken at the same time

### **Prescription Narcotics: (Tylenol #3, Hydrocodone, Oxycodone)**

Take **only if needed**. **Avoid driving** or operating heavy machinery since these medications can make you drowsy. **Don't take Tylenol** while on these medications, since most already have Tylenol in their formula. It is **O.K** to take the NSAID analgesics though.

## **Swelling**

Some swelling and/or bruising may be present the day following surgery and usually peaks at 48 to 72 hours after surgery. This is a normal inflammatory response by the body and **does not** usually indicate an infection. Slight weakness, chills, and fever may be experienced during the first 48 hours as well.

### **Things to help reduce Swelling:**

- Σ Application of an **ICE PACK** to the outside of the face for the first **24-36 hours** following the surgery.
- Σ (Apply **20 min** on and 5 minutes off continuously throughout the day. While sleeping ICE is *Not* needed.)
- Σ Immediately following the surgery, be sure to **Relax the remainder of the day**. Avoid any strenuous activities for several days (*Examples: Working out, running, yard work*)
- Σ Try to keep your **Head Elevated** with 2-3 pillows while you sleep.
- Σ **Sip ice water**, ice tea/coffee, or other cold liquids or consume **ice cream** throughout the day to keep the surgical area cold. Avoid using a straw, as suction can trigger bleeding.
- Σ Over-the-counter ( *NSAIDS: Ibuprofen, Advil, Motrin, Alleve* ) may be taken for 2-3 days following surgery in order to decrease both **discomfort** and **swelling**.

## **Bleeding**

There should be minimal bleeding after the surgery. If there is considerable bleeding then simply wipe the area and apply continuous pressure to the inside of the mouth for 20 minutes with moist cotton gauze.

## **Eating**

For the **first 2 days** it is **highly** recommended a **liquid cold diet** (Ensure, Slim Fast, Milk shakes, *Jell-O, Ice-cream, pudding, yogurt*)

For **first 2 weeks** a **very soft food diet** should only be eaten (Pasta, soups, eggs, fish, cooked soft vegetables, oatmeal, rice, beans etc.) Avoid any hard, spicy, crusty, coffee or acidic foods. Chewing should be done on the side opposite the surgical site.

## **Going to Work**

It is advised that you take off work the day following surgery although many people are able to return to work the next day. The amount of discomfort varies from individual to individual as well as the type of procedure performed.

## **Need for Antibiotics**

If antibiotics are prescribed, it is **extremely** important that you follow the schedule and **finish all** the tablets. This is regardless of swelling, discomfort, bruising or fever. (*If you experience nausea or allergic reaction then discontinue usage immediately.*)

If you are taking **birth control pills**, we recommend utilizing a secondary contraceptive method at least for the first cycle as antibiotics may decrease the effectiveness of your oral contraceptive.

## **Oral Hygiene**

- Σ It is important to continue normal oral hygiene at home with brushing and flossing in the non-operated areas of the mouth. It's very important that you **Avoid the surgical area** itself for the first 2 weeks (no brushing or flossing the surgical area)
- Σ Use **Chlorhexidine Gluconate** rinse gently **2 times per day for 1 min.** and then gently spit (Avoid swallowing, or aggressive swishings)
- Σ **AVOID SMOKING!!!**- smoking greatly increases chance for infection as well as decreases surgery outcome.

## **Care of the Dressing, Sutures & Surgical Site** (*IMPORTANT PLEASE READ!!*)

- Σ **Avoid pulling on the lips/cheek** to look in the mouth to see the surgical site. This creates tension on the area and may pull apart the sutures or dislodge the graft (*If placed*).
  - Σ If a periodontal dressing has been placed over the surgical site then avoid touching it as much as possible with your tongue. The dressing is there primarily for your comfort and to protect the area during healing. If the dressing should become loose or fall off and there is no increase in the level of discomfort, its **O.K.** to leave it off.
  - Σ Avoid playing with the sutures with your tongue (It's hard to do I know!!). The sutures may become loose after a week, which is common.
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- Σ If experiencing any **difficulty breathing, uncontrolled bleeding, dizziness, shooting pains to the chest/arm/back/jaw, difficulty with speech or paralysis of one side**, then report to the **E.R. Immediately** or **call 911**
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## **Medications** (*Read Instructions Above*)

- Σ **ICE, ICE, ICE** for **24-36 hours** (20 minutes on and 5 minutes off)
- Σ **Clorhexidine Rinse** (rinse for **30 sec** then spit gently; **1-2 times per day** (morning & night))
- Σ Over-the-counter **Analgesics** (*Name/Dose/Frequency*): \_\_\_\_\_
- Σ **Prescription Narcotics** (*Name/Dose/Frequency*): \_\_\_\_\_
- Σ **Antibiotics** (*Name / Dose / Frequency*): \_\_\_\_\_
- Σ **Additional**: \_\_\_\_\_