



LAURENCE H. STONE, D.D.S.

COSMETIC & GENERAL DENTISTRY

For the smiles of your life.

ROUTINE POST- SURGICAL INSTRUCTIONS

MEDICATIONS/PRESCRIPTIONS

- If an antibiotic is prescribed, it is taken until finished.
- All medications are to be taken as instructed on the bottle
- No driving when taking pain medication
- Take pain medication prior to getting discomfort
- Must eat to prevent nausea and or vomiting
- If develop a rash, itching, then STOP taking all medications and call our office immediately.
- Breathing problems, wheezing, swelling around eyes not related to surgery CALL 911!!
- Attention : Patients utilizing birth control pills, please be advised that if the doctor prescribed antibiotics then an alternative form of birth control must be utilized during that period of time.

BLEEDING

- If gauze is placed over the surgical site so it serves as a pressure bandage then please leave it in place until for the next 30 minutes or as directed by the office personnel.
- Remove gauze when eating or taking medications
- A small amount of Oozing is normal. Blood tinged saliva may be present for 24-48 hours. You may wish to cover your pillow with a towel avoid staining.
- Rest with your head above your heart; meaning rest with head elevated on 2 or more pillows for the first day.
- Excessive bleeding can be controlled by placing a tea bag over the surgical site for one hour while applying light digital pressure.

EATING

- Cold, soft foods for the first 24 hours. For example: Ice cream, Jell-O, puddings, yogurt, cottage cheese, milk shakes (Do not drink through a straw), apple sauce.
- Please no alcoholic or carbonated beverages for the first 72 hours after surgery.
- Remember: Proper nutrition is necessary for healing.

SWELLING

- Swelling for the 72 hours after surgery is normal; don't be alarmed.
- Ice packs should only be applied for the first 24 hours after surgery. * Plastic bags filled with crushed ice and wrapped in a towel or a commercial ice bag are a good mode of application.
- Apply ice for 20 minutes and then leave off for 10 minutes.
- **After** 24 hours ONLY use warm moist heat. This can be applied by taking a hot shower or with a wash cloth moistened with warm water and then applied to the out side of the face, cheek and or chin.

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ROUTINE POST- SURGICAL INSTRUCTIONS (continued)

RINSING

- Avoid rinsing, spitting, drinking through a straw and alcohol containing mouth rinses for the first 24 hours as it may prematurely dissolve the blood clot.
- Rinse gently with warm salt water (use one teaspoon of table salt in 8 oz of warm water) after meals and at bedtime for the next 14 days is important. After 72 hours a more vigorous rinsing is encouraged after meals and at bedtime for next ten days is important.

BRUISING

- Bruising may be present and to varying degrees. It will subside over the next 5-10 days.

SMOKING

- **DON'T DO IT!!!** Smoking will increase pain, and lead to poor healing and failure of the surgery. It will lead to dry sockets, failure of bone regeneration and failure of dental implants.

ACTIVITY

- Avoid excessive physical exertion during the first 24 hours following surgery. Be sure to get adequate sleep.

TOOTH BRUSHING

- No tooth brushing the day of surgery.
- Brushing of the surgical site should be avoided for about one week following surgery to prevent disruption of the blood clot. You will be given further oral hygiene instructions at your post operative visit.
- The remainder of the mouth should be brushed and flossed. **Do not use an electric toothbrush for six weeks after the surgery.**

SUTURES/SURGICAL DRESSING

- A variety of sutures and surgical bandages (dressings) may have been used as part of your therapy. They will either dissolve on their own or be removed at the appropriate post operative appointment.

SEDATIVE AGENTS

- The major effects of the sedative agents should have worn off before you are allowed to leave the office. However there can be residual effects lasting up to 12 hours. During this time your reflexes and judgment may be altered. Therefore **you are advised** NOT to drive an automobile or operate any machinery during the day of the sedative agent and or while taking Narcotic pain medications.
- You may experience light headedness, dizziness, etc., Please do not try to walk without assistance for the next several hours following surgery.

In the event of an emergency please call the office and your concerns will be addressed as soon as possible.