

POST-OPERATIVE INSTRUCTIONS FOLLOWING SURGERY

1. Avoid smoking for at least 48 hours following this procedure. Smoking will promote bleeding and will significantly interfere with proper healing of the surgical site. Surgical success will be much higher if smoking can be avoided for the first few weeks.
2. Bleeding is normal following any surgical procedure. It is normal for saliva to be streaked with blood for a short period of time after the surgery. If bleeding should occur, apply very light pressure with a gauze pad, for 30-60 minutes in intervals of approximately 5-10 minutes. Do not apply firm pressure to the graft site. It will be helpful to keep your head elevated with 2 or 3 pillows the night of the surgery. If bleeding should continue, the gauze may be substituted with a warm soaked tea bag; the tannic acid in the tea bag has clotting characteristics. Should bleeding be excessive or prolonged, do not hesitate to call us.
3. Do not spit or suck through a straw. This will promote bleeding and may dislodge graft material, any membranes used and/or the blood clot that is forming. Avoid brushing or flossing at the surgical site for at least 2 weeks; however you need to brush in all other areas. An antibacterial or antioxidant rinse may be given to you after your surgery appointment. If such rinses are deemed unnecessary at the day of surgery, then warm salt-water rinses are recommended for the first two weeks. Do not use other peroxide or alcohol-based mouthwashes for at least two weeks as they will irritate or burn the surgical area. Regardless of the type of rinse used, rinse 3 times a day for 1-2 weeks, only begin rinsing 3 days after the day of the procedure. DO NOT rinse vigorously.
4. Some discomfort, bruising, and swelling is normal after the surgery. Pain medication is typically not prescribed at the end of your appointment. For the first several days, we recommend 400-600mg of Ibuprofen (Advil) alternating with 500mg of acetaminophen (Tylenol) every 4-6 hours. We suggest rotating between Advil and Tylenol every 2 hours. Do not exceed 2400mg of Advil and 3000mg of Tylenol per day. Please take the prescribed antibiotics as instructed. If prescribed, antibiotics always need to be taken until completion, ideally combined with probiotics. Probiotics will help in reducing upset stomach and gastric issues during the course of antibiotics.
5. Swelling is to be expected in certain areas, usually reaching its maximum 2-4 days after surgery. It will gradually disappear and is no cause for concern. To aid in reducing the swelling, use ice packs in intervals of 10 minutes on, followed by 10 minutes off, for the first 24 to 48 hours.
6. A good balanced diet is helpful for healing. Extra fluids and a softer diet will help you feel better faster. DO NOT eat on or around the site for the first two weeks after surgery. During this same period, avoid consuming hard foods, spicy foods, carbonated drinks, alcohol or very hot drinks. After the first 4 weeks you may begin to eat gently over the surgical site.
7. Excessive exercise is to be avoided for the first 3-4 days after the day of surgery.
8. Do not pull on your lip to inspect the surgical site. This can create tension on the site and place the graft, implant, sutures and/or membrane at risk of being affected or compromised. If a denture is worn, limit its use as much as possible.
9. Post-operative and suture-removal appointments will be scheduled as necessary.

Do not hesitate to call us at 613.591.7608 if you have questions or concerns