

POST-OPERATIVE INSTRUCTIONS FOLLOWING SURGERY

1. Do not spit or suck through a straw for the first week after surgery. These actions will promote bleeding and may dislodge graft material, the membrane and/or the blood clot that is forming. Avoid brushing or flossing at the surgical site for at least 4 weeks; however you need to brush all other areas of the mouth, including teeth adjacent to the surgical site. Expel toothpaste very gently from your mouth.
2. Avoid smoking for at least 48 hours following this procedure. Smoking can promote bleeding, cause infection, 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 two weeks after surgery.
3. It is essential that you rinse the surgical site with warm salt-water for the first 2 weeks, but avoid rinsing for the first 24 hours after surgery. Rinse gently 3 times a day, or after every meal. DO NOT rinse vigorously. Following these first 2 weeks, you may start using over-the-counter mouthwashes for as long as any sutures and/or membranes may be present at the surgical site (typically a total of 4 weeks post-surgery.)
4. Minor bleeding is normal following any surgical procedure. Saliva may 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 minutes. DO NOT apply firm pressure to the graft site. It will be helpful to keep your head elevated with 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 that may help. Never sleep with, or leave gauze or a tea bag in your mouth overnight; this can be a choking hazard. Should bleeding be excessive or prolonged, do not hesitate to call us.
5. It is normal to experience some discomfort after the surgery. Pain medication is typically not prescribed after your appointment. For the first day or two, we recommend 400mg of Ibuprofen (Advil) every 4-6 hours. Acetaminophen (Tylenol) can be taken in conjunction with or instead of Advil. Please take any prescribed antibiotics as instructed. If prescribed, antibiotics always need to be taken until completion, and ideally combined with probiotics. Probiotics will help in reducing upset stomach and gastric issues during the course of antibiotics.
6. Some swelling and bruising is to be expected at or near the surgical site. This will gradually disappear and is no cause for concern. To aid in reducing the swelling, gently place ice packs on the outside of the face in intervals of 10 minutes on, followed by 10 minutes off, for the first 24 to 48 hours.
7. 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
8. 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 surgical site for the first 4 weeks after surgery. During this same period, avoid consuming hard or sticky foods, as well as meals with seeds and grains. After the first 4 weeks you may begin to eat gently over the surgical site. Avoid alcohol consumption for the first 3 days after surgery, as alcohol in your system can promote bleeding.
9. Excessive exercise is to be avoided for the first 3-4 days after surgery. You may go to work or school the day after surgery and resume your daily routine.
10. All sutures and membranes will be removed 2-4 weeks after surgery depending on the type of procedure. If one of the sutures loosens prematurely, please call the office so that we can safely attend to it. 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