

POST-OPERATIVE INSTRUCTIONS FOLLOWING SURGERY

1. 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 two weeks after surgery. During this same period, avoid consuming hard or sticky foods, as well as meals with seeds and grains. After the first two 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. There are some antibiotics, Metronidazole for example, with which alcohol is strictly forbidden.
2. It is essential that you gently rinse the surgical site, after every meal, for the first 2 weeks: first week with warm salt-water, and second week with just water. Avoid rinsing for the first 24 hours after surgery. DO NOT rinse vigorously at any point post-operatively. After the first week, you may start using over-the-counter mouthwashes if you wish to do so. Restrict the use of these mouthwashes to morning and evening before bed.
3. Do not suck through a straw or forcibly spit for the first week after surgery. These actions can 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 two weeks; **however, you still need to brush all other areas of the mouth, including the teeth adjacent to the surgical site.** Expel toothpaste very gently from your mouth.
4. 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), Acetaminophen (Tylenol) or both every 4-6 hours. Please take any prescribed antibiotics as instructed. If prescribed, antibiotics always need to be taken until completion, and ideally in conjunction with probiotics. Probiotics will help in reducing upset stomach and gastric issues during the course of antibiotics. Please note: probiotics are always most effective when taken several hours between antibiotic doses.
5. **Avoid smoking and vaping for at least 48 hours following the procedure, but longer if possible.** Smoking and vaping can promote bleeding, cause infection, and will significantly interfere with proper healing of the surgical site. Surgical success will be much higher if smoking and vaping are avoided for the first two weeks after surgery.
6. 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 5-10 minute intervals. DO NOT apply firm pressure to the graft site. It will be helpful to keep your head slightly 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. Remember not to play with the surgical site with your tongue as this could delay healing.
7. Swelling and sometimes bruising can 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.
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. Dentures, nightguards, retainers and other appliances can be worn as per your usual routine, unless otherwise indicated by the doctor.
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. Some procedures may cause more swelling or discomfort than others, which may in turn require more rest, time off and post-operative care on your part.
10. All sutures and membranes will be removed two 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