



Post-Surgical Care Instructions

Gum Surgery, Dental Implants or Extractions

Discomfort: Medication(s) may be prescribed for post-operative pain or discomfort. An anti-inflammatory medication such as ibuprofen may be prescribed for moderate pain. The most beneficial aspect of the anti-inflammatory medication is prevention of swelling and, as a result, prevention of postoperative pain. **The combination of ibuprofen and acetaminophen (Tylenol) have a synergistic effect in reducing postoperative pain.** The opioid/narcotic prescription you may have been prescribed can be useful in reducing pain not controlled by the anti-inflammatory medication.

Infection: If antibiotics are prescribed, probiotics are also recommended and can be purchased at your pharmacy. Antibiotics may alter the effectiveness of birth control pills. Consult your physician/gynecologist for assistance regarding additional methods of birth control.

Swelling: Use ice packs wrapped with a soft cloth 15-20 minutes every hour for the first 24 hours to reduce swelling and postoperative pain. While resting, keep head elevated, use extra pillows when sleeping (2 or more), for the first 24 hours. If you've had a sinus elevation use extra pillows for the first 48 hours.

Cleaning: Avoid brushing the surgical area for the first 7-10 days. Use antimicrobial mouth rinse twice a day as prescribed. Do not use a water-pic or electric toothbrush until the doctor tells you it is permitted.

Diet: Stay well hydrated by drinking many fluids. A soft diet is recommended for several days following the surgery, as the most common source of trauma is pulling or hitting the area, especially when eating. *Do not eat hard, crunchy, sticky foods or foods with seeds, shells, or husks (for example: popcorn) for the first 7-10 days.* Please follow the following diet recommendations:

Week 1-2 Semi soft diet; flaky fish (trout, salmon), chicken, pasta, soft cooked vegetables, foods that can be sliced with a fork.

Bleeding: Some minor oozing of blood from the surgical area can be expected during the first few days. If you experience active bleeding, try to identify the source and apply gentle, steady pressure for 5-10 minutes.

Sutures: Stitches will dissolve and can begin falling out as soon as 3-4 days after surgery.

Sinus elevation and augmentation: If you had this procedure, for the next three weeks try to avoid creating sinus pressure while either blowing your nose or if you sneeze. The safest way to manage this is to blow your nose or sneeze with your mouth open; sneeze into your arm or your sleeve.

Patients with sleep apnea: If you have been sedated, for your safety we recommend you do not be left unattended for up to 3 hours following sedation (also if you are taking any opioid/narcotic).

Special Restrictions and Instructions

- If you have been sedated, DO NOT operate a motor vehicle the day surgery.
- Avoid the use of a drinking straw, vigorous rinsing, and spitting.
- Avoid disturbing the surgical area, especially during the first 2-3 days.

If you have any questions or concerns, or experience any unexpected difficulties, please call our office at 790-2151. If the office is closed, you may reach Dr. Brown on his cell phone at 591-5724 or home at 299-2448