

General Post-Operative Surgical Instructions

These instructions are intended to remind you of some points which you have already discussed with the dentist.

- It is not unusual for swelling to occur after surgery. Apply an ice pack to the outside of your face, 15 minutes on and 15 minutes off for 6-8 hours after the surgery. This will help keep the swelling to a minimum but may not completely eliminate it. You may not notice any swelling until the next day. Swelling often peaks 2-3 days after the procedure and it may take 4-7 days to subside.
- A small amount of bleeding can be expected for the first few hours after the surgery. If there is a considerable amount, apply pressure to the area with wet gauze by holding it in place for 20 minutes until the bleeding stops (*do not use dry gauze as it will stick to the clot and sutures and can pull everything out*). Do not remove it during this period to examine the surgical site. If bleeding persists, call our office. Do not try to stop the bleeding by rinsing or spitting. This will cause the area to bleed more. It is recommended that you place a towel over your pillow the first few nights after the surgery to prevent possible staining.
- Following surgery, a certain amount of discomfort can be expected. To minimize discomfort in the surgery site, take your pain reliever medication as directed. You may take **Advil 600mg every 6 hours** and can add regular strength Tylenol on top if needed. Avoid taking pain reliever medication with an empty stomach to prevent nausea. Ice packs can be used to alleviate swelling.
- After surgery, avoid rinsing your mouth for 48 hours if possible. You will need to drink plenty of clear liquids following surgery. Do not use a straw, such sucking motion can dislodge the clots leading to dry sockets, increase pain, and delay healing
- A proper diet is essential to healing. Soft foods such as mashed potatoes, soups, apple sauce and shakes are recommended for the first post-operative days. Stay away from sharp little foods (no popcorn, potato chips etc.) try to chew on the non-operated side of your mouth. Avoid citrus juices, highly spiced foods and alcohol: these will cause pain.
- Do not smoke. Heat and smoke will irritate your gums and delay healing. No smoking for at least three days after surgery. Smoking may break down the blood clot, cause dry socket, increase pain, delay healing and cause multiple unnecessary post-op interventions.
- You may experience a slight feeling of weakness and chills during the first 24 hours. Follow your regular daily activities but avoid excessive exertion of any type. Gym, golf, tennis, skiing, swimming etc. should be postponed for a few days after surgery. Quiet activity is recommended for the first 48 hours after surgery.



- If the dentist requires you to book a follow up appointment, please make sure you do as this is important to ensure proper healing regardless of how the surgery area looks or feels.
- If you have any questions or concerns, please do not hesitate to call the office at **905-451-8388**

Sedation

- After returning home, all patients should rest and be carefully monitored for 24 hours. Sedation drugs SEEM as though they are acting normal, they may even insist that they are feeling normal.
- Do not plan to drive a vehicle or operate potentially dangerous equipment for 24 hours after treatment. Don't make any important decisions or sign any important documents during this 24 hour period
 - This depends on the level of sedation used, your doctor will discuss how long the drugs will stay in your system
- You should be able to eat and drink like normal with few if any restrictions. Eating is only dictated by the way you feel. Follow all instructions given by Dr. Schlesinger
 - **NO ALCOHOLIC BEVERAGES FOR 24 HOURS AS THEY MAY SERIOUSLY AFFECT THE MEDICATION GIVEN TO YOU EARLIER TODAY**
- Pain medication and/or antibiotics on an empty stomach are the main cause of nausea. It is best to take these types of medication with food to avoid the nausea. Call our office if vomiting persists for longer than four hours.
- Always support patient when walking, make sure no stairs are used without support of another person.

Sinus Precautions (for 7 days after surgery)

- If an upper tooth was removed and it was infected/fractured there is a high chance of the sinus being close by and being involved with the extraction socket. It is important to follow these instructions that were reviewed with Dr. Schlesinger after the surgery to prevent other complications like a communication with the sinus where water from your mouth can come out through your nose. Doing a bone graft at the time of surgery is essential to prevent further complications even if you're not planning on replacing the tooth
- Do not blow your nose to avoid pressure
- No smoking or vaping



- No straws
- Sneeze with mouth open – don't try to hold it in
- Avoid pressure changes – no blowing up balloons, playing wind instruments or flying in planes
- Manage congestion – can use over the counter decongestants like Sudafed to keep nasal passages clear
- Avoid physical activity – avoid heavy lifting, straining or bending over
- Do not vigorously rinse or spit, gently clean around area
- **Please contact us if you notice any fluid or food coming out of your nose when drinking, persistent heavy nosebleeds, increased pain, swelling or fever**

Implants

- With Ceramic implants, make sure to wear your Essix temporary retainer 24 HOURS PER DAY for 3 months until it is ready to restore. Only remove AFTER eating to rinse it out and clean it. Eat with it. Sleep with it.
- With Titanium implants, if you received a temporary flipper denture then you are only wearing it for esthetics, do not wear it overnight and if you're home you can leave it out. The only exception to this is if Dr. Schlesinger says otherwise or we are dealing with a full mouth of implants or a full denture.
- Avoid touching the implant area with your fingers, tongue or toothbrush. You can use a monojet syringe after 48 hours with the Crest ProHealth or Saline/Salt Water to clean surface of implant.
- Take all medications as prescribed; please call the office if you have any questions.
 - Crest ProHealth or Salt Water rinse 2x/day for 2 weeks
 - Antibiotics as indicated
 - Decadron as indicated (steroid)