



## POST-OPERATIVE INSTRUCTIONS

**MEDICATIONS**  Take all prescribed medications as directed- Finish ALL antibiotics and anti-inflammatories.

**MEDICATIONS FOR DISCOMFORT**  Motrin 600 mg, in conjunction with 1 Extra Strength Tylenol (over the counter, 3 times a day, with food, until completed).

**SWELLING**  Swelling is normal for up to 1-2 weeks post procedure, peaking at 2 to 4 days and especially in the early morning.  
 First Two Days: Apply ice pack 15 minutes on/15 minutes off  
 Third Day: Apply heat pack 15 minutes on/15 minutes off  
 Sleep on 2 pillows to elevate head

**BLEEDING**  Light bleeding (oozing) from the surgical area may occur for up to 48 hours post-surgery.  
 Control by applying pressure with moist gauze or a wet tea bag for minimum of 30 minutes.

**DIET**  All soft foods for 2 weeks post-procedure \*\*Do NOT eat hard, crunchy, fried or spicy foods along with small seeds, pretzels, crust, chips, peanuts, popcorn, sesame seeds, kiwi seeds, cereal, bread, pizza, candy, rice, nuts, gum, nachos, steak, wings, sausage, etc.  
 Eat soft foods such as: yogurt or cottage cheese, soup, well-cooked veggies, soft bread, mashed potatoes, stuffing, pudding or gelatin, sorbet, oatmeal, pasta, eggs, applesauce, bananas, protein shakes, fish, ground meat.

**ORAL HYGIENE**  Do NOT brush or floss the area for 2 weeks. Okay to clean other teeth.  
 Rinse with Closys 2X a day until completed. Okay to rinse with warm salt water after 24 hours.

**AVOID FOR 24 HOURS**  No bending or heavy lifting  Anything Hot – food or drinks  
 Smoking

**AVOID FOR 3-5 DAYS**  Aspirin  Cardio Exercise  
 Spitting with force  Drinking from a straw

**IF APPLICABLE:**  
**SINUS INSTRUCTIONS (Sinus Grafting Procedures)**  Use nasal saline nose spray for 2 weeks.  
 Avoid bending over, nose blowing and suppressing a sneeze for 2 weeks.  
 Avoid flying for 3 weeks.  
 Slight nose bleeds are normal for up to 2 weeks  
 Small bone particles may be found in the mouth in the morning, they are normal.

**DRESSING**  Do not drink hot liquids for 24 hours after surgery. When/if dressing falls off, use a Q-tip dipped in ClôSYS® and gently swab the area. If the dressing becomes loose, simply remove it, do not try to push back in place, this will irritate the tissue.

During business hours, if questions or concerns arise, you may call our office  
Philadelphia 215-677-8686 or Ambler 215-643-4393.

Emergencies after office hours, please call the office and you will be prompted to the answering service.

Additional Notes for you:

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