



## ORAL MAXILLOFACIAL SURGERY

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### PROVINCIAL ORAL SURGERY

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## POST OPERATIVE INSTRUCTIONS FOR IMPLANTS OR BONE GRAFTING

*Congratulations on having completed your surgery! Your surgery is an important investment for your function and esthetics.*

### Please follow the instructions below to maximize success.

***Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery.***

#### **BLEEDING**

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills rapidly with blood) can be controlled by biting on a gauze pad placed directly on the surgical site for 30 minutes.

- Bleeding may continue as a slight ooze making the saliva pink.
- **If** bleeding continues profusely, please call our office at 306-359-7040 for further instructions.
- **If** you had upper jaw surgery (sinus lift/bone graft), no nose blowing should be done for **2 weeks** after surgery.

#### **SWELLING**

Swelling can be impressive, but this is normal after surgery. Bruising may occur and may be mild to severe.

- Ice packs should be used for the first 48 hours after surgery. Place the icepack on the outside of the cheek, near the surgical site in intervals, 20 minutes on and 20 minutes off
- Elevate your head when laying down and sleeping for the first 72 hours.
- Swelling should start to decrease 3 days after surgery.

#### **DIET**

- **Clear liquids** are recommended for the **first 24 hours** after surgery (Jell-O, apple juice, broth, water etc.)
- **Soft foods** can be eaten **after the first 24 hours**, for **one week**, (food that can be easily swallowed without chewing, ie. pudding, yogurt, soups, pasta, well-cooked veggies).
- After 1 week, you can resume to eating regular foods but must be cautioned to stay clear from the surgical site(s) as best as you can. More complicated cases may require more specific instructions.
- **Do not use a straw for 10 days post surgery.**

#### **PAIN MANAGEMENT**

Pain medication may be taken before surgery, and should be continued after surgery in the following manner:

- ☐ 500mg Acetaminophen (Extra strength Tylenol) along with 600mg Ibuprofen (Advil, Motrin) every 6 hours. *(These medications can be taken together for a more profound effect.)*
- ☐ 325mg Acetaminophen (Tylenol) along with 400mg Ibuprofen (Advil, Motrin) every 6 hours.
- ☐ 10mg Ketorolac and 500mg Acetaminophen prescription (Toradol, Tylenol) every 6 hours.

The medications above should be continued if you feel you need them. If there is minimal discomfort, then pain medication can be discontinued.

If you are given a prescription pain medication, take as directed by the pharmacy label.

#### **ANTIBIOTICS**

This medication, if prescribed should be taken to completion. If you are having severe side effects or feel you are having an allergic reaction, please call our office for further instructions and guidance.

## **ORAL HYGIENE**

Good oral hygiene is essential to good healing!

### **Rinsing:**

- Continue rinsing with the Peridex solution as directed; wait 24 hours after surgery, then begin rinsing **two times a day, for two weeks**.
- After eating breakfast and supper, first brush your teeth (in the non-surgery area), then rinse with the Peridex solution. After lunch or a snack through out the day, rinse with lukewarm saltwater
- Create a 50/50 Preidex to Tap Water solution (½ tbsp peridex / ½ tbsp tap water), **gently gargle** for two minuets then **gently spit** out the Peridex mixture.

### **Brushing:**

- Start using the provided Ultra Soft Red toothbrush gently around the surgical site as early as **24 hours after** surgery.
- You can dip the brush in a small 50/50 Peridex to Tap Water solution for brushing near the surgical site.
- **If done gently**, no harm will be done.

## **SINUS LIFT PROCEDURE PATIENTS**

If you had a 'sinus lift' procedure where the floor of the sinus in the upper jaw was elevated to allow for implant placement

- Avoid any activities that cause excess pressure or suction in the mouth or nose for about 10-14 days.
- Avoid forceful sucking or blowing from either the mouth or nose, woodwind instruments, scuba diving, and if possible, airline travel due to the pressure changes.

## **ACTIVITY**

Keep physical activities to a minimum immediately following surgery.

Can start on day specified AFTER surgery:

- ☐ 1
- ☐ 3
- ☐ 5

After this, you may slowly increase your activity level. If the pain increases, then you are probably over-exerting yourself.

## **WEARING YOUR PROSTHESIS**

The prosthesis, if there is going to be one, should be worn:

- ☐ Immediately after surgery
- ☐ 24 hours after surgery
- ☐ 3 days after surgery
- ☐ 1 weeks after your surgery
- ☐ After your first post-op visit.

## **SUTURES**

- Different sutures may be used by your surgeon and may take several weeks to dissolve; some may be removed at your first post-op visit.
- Although tempting, try not to play with the sutures with your tongue or fingers.
- Looking at the surgical site is always tempting. Avoid pulling or pushing your lips or anywhere near the surgical site.

**All surgical sites require immobility (no movement) in order to allow for best healing.**

## **WAYS TO AVOID COMPLICATIONS AND POOR RESULTS**

Smoking tobacco/Marijuana or drinking alcohol can be detrimental to healing, so please avoid for at least 10 days. Studies have proven smoking may lead to many complications, such as implant failure and infection, and causes prolonged pain and time to heal. Avoiding smoking until the site has healed over (this could take 2-3 weeks) would be best. If you cannot hold off until then, it is in your best interest to avoid smoking for at least 10 days after the surgery and minimize it.

**AND REMEMBER KEEP YOUR FINGERS OR TONGUE AWAY FROM THE SURGICAL SITE!**

***If you have questions, please call our office at 306-359-7040***