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ORAL SURGERY AND IMPLANT POST OPERATIVE INSTRUCTIONS

DAY OF SURGERY

EXERCISE CARE: **DO NOT** disturb the surgical area today. **DO NOT** rinse vigorously or probe the area with any objects. You may brush your teeth gently. Smoking and alcohol consumption will delay or prevent healing, causing increased discomfort and increased chance of dry sockets. We strongly discourage smoking during the healing phase.

ORAL HYGIENE: It is important to keep the mouth clean. You should brush your teeth the night of surgery, but stay away from the surgical sites. Begin salt water rinse the day after surgery (mix 1/4 tea spoon of salt with 8 ounces of water). Swish gently and allow the water to drip into the sink. Rinses should be done 2-3 times a day, especially after eating.

ACTIVITIES: Activities after surgery should be couch or bed rest for the first day. Bending, lifting, or strenuous activity will result in increased bleeding, swelling and pain. Exercise in the post-operative period may also result in increased bleeding, swelling and discomfort. Exercise should be avoided for 3-4 days following surgery.

OOZING: Bleeding will occur after surgery, and it is not uncommon to have oozing of blood for 24-48 hours after surgery. Placing a gauze pack over the area and biting firmly will control bleeding. If oozing is still active, biting on a moist tea bag wrapped in gauze may help control persistent oozing.

SWELLING: Swelling is a normal occurrence after surgery and will not reach its maximum until 2-3 days after surgery. It can be minimized by using a cold pack applied gently to the area adjacent to the surgical area. This should be applied **10 minutes on and 10 minutes off during the first 24 hours after surgery**. If you have been prescribed medicine for pain control and swelling, be sure to take it as directed.

PAIN: Some discomfort is normal after surgery. To minimize pain and swelling take **800mg (4 tablets) Ibuprofen (ex. Advil or Motrin) every 8 hours for the first 3-4 days** post surgery. Take the first dose before the anesthesia wears off. If prescription pain medication is give, take it as instructed on the label. Do not exceed the dose on the label. Taking medications with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking prescription pain medications. Do not drink alcohol while taking prescription pain medications.

MEDICATIONS: Along with pain medication, you will be prescribed antibiotics when indicated by the procedure. Take the antibiotics as prescribed until the entire prescription is completed.

DIET: Eat any nourishing food that can be taken with comfort. **Drink plenty of fluids**, cold is always better than hot. Avoid extremely hot fluids and food. Avoid using a straw and smoking, these create suction and may disturb the blood clot protecting the surgical area. **DO NOT** eat peanuts, popcorn, potato chips, pretzels or similar foods until surgical area has healed (usually 4-5 weeks).

INSTRUCTIONS FOR SECOND AND THIRD DAY:

MOUTH RINSES: Keeping your mouth clean after surgery is essential. Use 1/4 teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse. Repeat as often as you like, but at least two or three times daily, especially after meals. Mouthwashes such as Listerine, Scope etc., **ARE NOT** to be used, the alcohol in the mouthwash will dry out the surgical site and prolong healing.

BRUSHING: Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but it is extremely important to clean your teeth within the bounds of comfort. Maintaining a clean environment adjacent to the healing surgical site is required for optimum and speedy healing.

HEALING: Normal healing after oral surgery (extractions or implant placement) should be as follows: The first two days after surgery are generally the most uncomfortable and there is usually some swelling. On the third day you should be more comfortable and, although still slightly swollen, can usually begin a more substantial diet. The remainder of the post-operative course should be gradual, steady improvement. If you don't see continued improvement, please call our office.

DISCOLORATION OR BRUISING: The development of black, blue, green or yellow discoloration is due to bruising beneath the tissues. This is a normal post-operative occurrence that might appear 2-3 days after surgery. Beginning 36 hours after the surgery, moist heat applied to the area may speed up resolution of the discoloration.

SUTURES (stitches): Sutures will be placed after surgery, dissolvable or non-dissolvable. Dissolvable sutures dissolve within 7-10 days. Non-dissolvable sutures will need to be removed 10-14 days post surgery.

BONE FRAGMENTS: During the healing process, small fragments of bone may loosen and work through the tissue after surgical extraction. Also, if bone has been placed in the extraction site, or around an implant, small fragments of that bone may work their way out.

COMPLICATIONS: If prolonged or severe swelling, pain, bleeding or high fever is present or persists, you should contact our office to address the issue. Some increase in body temperature, 100-101 degrees is not unusual for a couple of days post surgery.

In case of emergency, questions or concerns please call our office at (630) 369-0111.