



Post-Operative Instructions

General Instructions

You may expect some swelling after your dental surgery, regardless how minimally invasive. Swelling is a part of the natural healing process and may last several, weeks. Swelling depends on the nature and extent of your surgery. Fair skinned, or individuals who bruise easily may anticipate some bruising at the procedure site. You should not experience severe discomfort. Any discomfort you may experience should be controlled with proper medication.

When you should notify your doctor:

1. If active bleeding continues after 3-4 hours of applied pressure to the surgical site.
2. If you are unable to maintain a nutritious diet after 48 hours.
3. If numbness persists after the initial day of surgery.
4. If pain or swelling increases after the third day.
5. If bleeding has not decreased after two days.
6. If sutures or stitches become loose or dislodged prior to the third day or if an implant becomes loose.
7. If an implant fractures.
8. If you have any symptoms which may indicate a reaction or allergy to medications, such as;
a) skin rash, b) Hives, c) elevated temperature, d) increased and/or erratic heart rate, e) nausea/vomiting, f) dizziness/faint, or g) blurred vision.
9. If your body temperature, measured orally, exceeds 100.5° F.

Please notify Dr. Andrew Sugg at 910-995-3909 if you have any questions or if any of the above applies to you. Most often a simple explanation can resolve the situation and free you of worry.



HOME CARE INSTRUCTIONS

Bleeding

To slow and prevent bleeding, bite with light pressure on a gauze pack that has been placed over the surgical site. (If applied by your doctor) Pressure should be applied in 30-minute intervals and repeated until the bleeding is controlled. Pressure will assist in the body's natural blood clotting process.

If the bleeding persists, without slowing for several hours, apply a moist tea bag wrapped in gauze and repeat the step above, The Tannic acid in tea will assist in controlling the bleeding.

If active bleeding is still occurring after 3-4 hours, and the above measures have been taken, call Dr. Andrew Sugg immediately.

After 48 hours, gently rinse with warm salt water. DO NOT use vigorous mouth washing action. This may dislodge the body's natural clotting process and reopen the area to bleeding.

DO NOT exercise, use physical force or enter stressful situations for the first 24 hours or until the medication and process allows. This will increase your heart rate and blood pressure. This also has an adverse action on the body's natural healing process.

DO NOT operate heavy or hazardous equipment for the first 24 hours or until the prescribed medication and natural healing processes allows.

Follow the additional instructions provided those are pertinent to the particular medications that your doctor has prescribed for you,

Swelling

Apply ice packs at 15-minute intervals to reduce swelling. After 72 hours heat will relieve it. Swelling is a part of the body's healing process and can be expected for three days to several weeks depending on the nature and extent of the surgery. After 72 hours heat may be applied to the swelling. Heat will increase circulation and aid in the healing process.



Dietary Needs After Surgery

DO NOT try to eat solid foods until the local anesthetic wears off. You will have no feeling in the surrounding area, including your tongue, and may unknowingly bite yourself.

DO NOT use a straw when consuming liquids. The sucking action will cause a vacuum in the mouth and may dislodge the body's natural clotting process.

A nutritious diet throughout your healing stage is the most important to your comfort, temperament and healing. Hungry people become irritable and less able to deal with discomfort that can follow surgery. Since you will be taking medication it is important that you are aware that eating can prevent nausea sometimes associated with certain medications.

Milk, along with cooked cereals, scrambled eggs, cottage cheese and milk toast are recommended for the initial day following surgery.

Soups, broiled fish, stewed chicken, mashed potatoes and cooked vegetables can be added to your diet as your comfort indicates. DO NOT eat sticky or hard foods.

Nutriment, Metrecal, Sego and/or Yogurt supply excellent added nutrition. These are especially indicated if other soft foods are not consumed.

Avoid acidic foods such as tomatoes, orange juice, and citric fruits.

Sensitivity to cold on the natural teeth can occur and will disappear gradually with time. Avoid ice, ice cream, cold drinks and solids.

Liquids

DO consume liquids immediately and prior to taking any pain medication.

This will help prevent nausea and upset stomach and expedite the medications' effects.