

GENERAL POSTOPERATIVE INSTRUCTIONS

MEDICATION / PAIN CONTROL

- You will experience some degree of discomfort after the local anesthetic wears off. Begin taking an over-the-counter pain medication (Ibuprofen/ Tylenol) once you arrive home.
- To prevent nausea, take these medications with food.

BLEEDING / SWELLING / NUMBNESS

- Bite on the gauze for 30-40 minutes, change the gauze or use a damp tea bag and bite down for an additional 30 minutes if heavy bleeding continues.
- Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem.
- Swelling is the body's normal reaction to surgery and healing.
- The swelling may not become apparent until 24 hours after surgery and will not reach its peak for 2-3 days. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24-48 hours. After 48 hours, begin use of a warm, moist compress to the cheek.
- Numbness may last for several hours after you leave the office. Call the office if you still have numbness the next day.

ORAL HYGIENE

- **DO NOT RINSE, SPIT, SWISH OR DRINK FROM A STRAW** on the first day as this could disrupt the clot and delay the natural healing process
- Standards of good oral hygiene are critical to help prevent infection and ensure healing.
- Resume brushing your teeth the day after surgery using a soft toothbrush. You may gently brush around surgery sites after a few days.
- After 24 hours gently rinse with warm salt water or the prescription rinse provided.

ACTIVITY

- Rest and avoid strenuous activities for 2 to 3 days.
- **DO NOT DRIVE A CAR** or operate machinery for 24 hours if you had sedation.
- **DO NOT MAKE ANY CRITICAL DECISIONS** for 24 hours, if you had sedation.
- **DO NOT SMOKE.** Smokers experience more pain, slower healing and are at higher risk of dry socket.

POSTOPERATIVE DIET

- Good nutrition is essential for good healing.
- **AVOID HARD, CRUNCHY FOODS** like popcorn, nuts, granola, chips, candy and raw vegetables for 1 week.
- Keep anything sharp like eating utensils and toothpicks away from the surgical site.

• FIRST DAY – Cool, Soft Foods:

Applesauce,
Pudding,
Yogurt,
Jell-O,
Cottage Cheese,
Ice cream,
Milkshakes,
Breakfast Drinks

• SECOND AND FOLLOWING DAYS:

Pasta,
Macaroni and Cheese,
Eggs,
Pancakes,
Mashed Potatoes
Soup,
Soft Cooked Vegetables
Chicken

If at any time you have questions, concerns, or feel that your healing phase does not meet your expectations, you may call: 518-272-3221

Answers to questions are most easily answered during normal business hours. However, East Hudson Oral & Maxillofacial Surgery is available during nighttime, weekends and holidays for emergency situations.

IMPLANT POSTOPERATIVE INSTRUCTIONS

MEDICATION / PAIN CONTROL

- Finish taking your antibiotic prescription.
- Begin the Antiseptic mouth rinse the night following your surgery. After, use the rinse twice a day.
- You will experience some degree of discomfort after the local anesthetic wears off. Begin taking an over-the-counter pain medication (Ibuprofen/ Tylenol) once you arrive home.
- To prevent nausea, take these medications with food.

BLEEDING / SWELLING/ NUMBNESS

- Minimal bleeding is expected after this implant procedure. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem.
- Swelling is the body's normal reaction to surgery and healing.
- The swelling will not become apparent until 24 hours after surgery and will not reach its peak for 2-3 days. Apply the ice packs to the outside of the face, 20 minutes on and then 20 minutes off while awake for the first 24 hours. After 48 hours, begin use of a warm, moist compress to the cheek.

ORAL HYGIENE

- Standards of good oral hygiene are critical for the success and functionality of the implants. The best way to prevent infection and ensure healing is to keep your mouth clean. Clean your mouth thoroughly after each meal beginning the day after surgery. Use a soft bristle toothbrush and brush after meals and at bedtime.
- After 2 days, using the soft toothbrush given to you, gently brush the implant area and any healing cuffs (if you have them).
- **DO NOT RINSE, SPIT, SWISH OR DRINK FROM A STRAW** on the first day as this could disrupt the clot and delay the natural healing process.
- If you have a denture or a temporary appliance ("Flipper") avoid wearing it as much as possible. Constant, excessive pressure from appliances may lead to implant failure. Call the office or your general dentist if you feel pressure from the appliance.
- Numbness may last for several hours after you leave the office.

ACTIVITY

- Rest and avoid strenuous activities for 2 to 3 days. Keeping blood pressure lowered will reduce bleeding and aid healing.
- **DO NOT DRIVE A CAR** or operate machinery for 24 hours if you had sedation.
- **DO NOT MAKE ANY CRITICAL DECISIONS** for 24 hours if you had sedation.
- **DO NOT SMOKE.** Smokers experience more pain, slower healing and are at higher risk of implant failure.

POSTOPERATIVE DIET

DO NOT EAT HARD or CRUNCHY FOODS LIKE: NUTS, POPCORN, SEEDS, or CHIPS, AT ALL DURING THE WHOLE IMPLANT PROCESS. DOING SO MAY CAUSE FAILURE AND THE BONE TO PULL AWAY FROM THE IMPLANT!

- Eat only soft foods, and DO NOT eat on the newly placed implant until after your final implant crown is placed.
- Keep anything sharp like eating utensils and toothpicks away from the surgical site.

FIRST DAY – Cool, Soft Foods:

Applesauce,
Pudding,
Yogurt,
Jell-O,
Cottage Cheese,
Ice cream,
Milkshakes,
Breakfast Drinks

SECOND AND FOLLOWING DAYS:

Pasta,
Macaroni and Cheese,
Eggs,
Pancakes,
Mashed Potatoes
Soup,
Soft Cooked Vegetables
Chicken,
Fish

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PEDIATRIC POSTOPERATIVE INSTRUCTIONS

Following these instructions will greatly help your child's comfort and promote uneventful healing of the area. If any of the instructions are not followed, your child might have significantly more discomfort, and the success of the procedure may be affected.

YOUR CHILD SHOULD:

- 1.) **BITE ON THE GAUZE FOR 30 MINUTES CONSISTENTLY.** If needed, after 30 minutes, change the gauze or use a damp tea bag and have the child bite down for an additional 30 minutes.
- 2.) **NOT RINSE, SPIT, SWISH or DRINK FROM A STRAW** on the first day as this could disrupt the clot in the socket delaying the natural healing process. After 24 hours, your child may gently rinse with warm salt water.
- 3.) **HAVE GOOD NUTRITION FOR GOOD HEALING.** Your child should eat soft foods for 7 days after surgery. **AVOID HARD, CRUNCHY FOODS** like popcorn, nuts, granola, chips, candy and raw vegetables for at least 1 week following surgery.
- 4.) **RESUME BRUSHING TEETH** the day after surgery. A parent may help to brush gently and to avoid surgery site/s.
- 5.) **AVOID ACTIVITY.** Your child should rest and avoid strenuous activities for 2 to 3 days. Keeping blood pressure lowered will reduce bleeding and aid healing.

PARENTS, PLEASE KNOW THAT:

NUMBNESS may last for several hours after your child leaves the office. Parents should monitor the child until the numbness wears off to make sure he/she is not biting lips, cheeks or tongue.

SOME DISCOMFORT IS EXPECTED. Your child should begin taking an over-the-counter medication **BEFORE** the local anesthetic wears off.

SWELLING IS EXPECTED AFTER SURGERY. A cold pack or ice pack should be held to your child's face adjacent to the surgical site/s. After 2 days, apply moist heat.

NAUSEA is most often caused by taking medications on an empty stomach. Reduce any nausea your child may have by preceding each dose with soft food and a glass of water.

POSTOPERATIVE DIET: Keep anything sharp like eating utensils and toothpicks away from the surgical site.

FIRST DAY – Cool, Soft Foods:

Applesauce,
Pudding,
Yogurt,
Jell-O,
Cottage Cheese,
Ice cream,
Milkshakes,
Breakfast Drinks

SECOND AND FOLLOWING DAYS:

Pasta,
Macaroni and Cheese,
Eggs,
Pancakes,
Mashed Potatoes
Soup,
Soft Cooked Vegetables
Chicken,
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