

Apollonia Dental Arts

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Emergency (973) 303-1232

Post-Operative Instructions-Extractions, Implants, Bone Graft

BLEEDING

Some bleeding following surgery is normal and to be expected. Remove gauze 1 hour after leaving the office. If bleeding persists, place a new piece of gauze or a moist teabag wrapped in gauze over the surgical site. Then, bite down with pressure for 30 minutes. The gauze should be bulky enough to prevent the upper and lower teeth from meeting when biting firmly. Do not spit blood out. During this period, rest and keep your head elevated. Do not disturb the wound. DO not fall asleep with gauze in your mouth. **ABSOLUTELY NO SMOKING FOR THE FIRST 48 HOURS.**

SWELLING

Swelling can occur from facial surgery and may increase for 2-3 days post-op. Apply ice packs to areas of face over surgical sites on a continuous basis, or as much as possible for the first 24 hours.

PAIN

Pain is usually worse over the first 1-2 days and varies from person to person. Most patients experience little discomfort, and over-the-counter pain reliever such as Advil or Extra Strength Tylenol is sufficient. If you take the first pill before the anesthetic has work off, you should be able to manage any discomfort better. If you have been given a prescription, use it as directed. Avoid alcohol.

RINSING

Do not rinse your mouth for the first 24 hours after surgery. After this time, if prescribed, rinse with Peridex twice a day for two weeks.

SUTURES

You may have sutures placed to close the surgical site and these are non-resorbable sutures and will need to be removed in 1-2 weeks.

ORAL HYGIENE

Maintaining good oral hygiene in the post-op period is the most important thing you can do for yourself, brushing gently and rinsing after each meal.

DIET

Avoid chewing over the surgical sites until instructed otherwise by your doctor, confine chewing to areas away from the surgical site. It may be necessary to maintain a soft or non-chew diet for a period of time to allow adequate healing of the surgical site; you will be given instructions regarding this by your doctor. Drink plenty of fluids. Avoid hot liquids or food. Do not use a straw due to pulling action.

ACTIVITY

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

POST-OP APPOINTMENT

You may be given a post-op return appointment on the day of your surgery. Should you have any questions or problems prior to this appointment, please call our office.