

R A S K A



DENTAL IMPLANT & ORAL SURGERY

Gary M. Raska, DMD, FACS

941-923-0033

WWW.SARASOTAORALSURGERY.COM

ARTHROCENTESIS POSTOPERATIVE INSTRUCTIONS

DAY OF SURGERY:

Keep your head elevated above your heart for at least 3 days (two to three pillows or in a recliner).

Pressure dressing should be left on until it falls off, should stay on until your follow up appointment.

Place an ice pack on the outside of your face over surgical area – 20 minutes on, 20 minutes off for the first three days following procedure.

If you have a night guard, try to wear it as much as possible.

Gently brush your teeth after each meal and at bedtime. A small pediatric toothbrush may be easiest at this time if you have limited opening.

Diet: Soft diet until instructed otherwise (details/suggestions on back)

IBUPROFEN REGIMEN: Take 800mg of over the counter Ibuprofen or Advil (4 tablets of 200mg Ibuprofen/Advil) every 6 hours for pain and inflammation.

Alternate Ibuprofen with prescription pain medicine as needed.

*You may take 1 Aleve every 12 hours instead of Advil

SECOND DAY FOLLOWING SURGERY:

By 36 – 48 hours following surgery, most of your swelling will level off. At this time switch to a moist heat pack on the side of the face over the surgical area. This may be used on and off every 20 minutes as needed to help resolve the swelling.

There is no need for alarm, swelling and tenderness are normal and the moist heat pack will help resolve the situation.

CONTINUED ON BACK

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GENERAL INFORMATION:

There may be a slight elevation in your temperature, up to 100 degrees for the first 48 hours - it is important that you drink large amounts of fluids – water, juices, Gatorade, sports drinks, etc.

Jell-O, refrigerated canned peaches and pears are very easy to eat and also provide fluids and energy.

BOOST is an excellent source of liquid nutrition – make a shake using ice chips.

Continue to take your prescribed medications, especially the antibiotic, until completed.

****Remember, a soft diet is crucial at this point!**

Do not eat anything harder than scrambled eggs or foods that can be easily cut with a fork.

DIET SUGGESTIONS:

Eggs

Pasta (such as macaroni & cheese, Alfredo, Hamburger helper, etc)

Soft cooked ground or shredded meats (meatloaf, chicken/tuna salad)

Soft cooked vegetables

Baked potato/sweet potato

Soup

Hot cereal (grits, oatmeal)

Cold cereal that gets soft in milk (no granola or nuts)

Fruit smoothies, milk shakes, protein shakes

PLEASE CALL THE DR ON HIS PERSONAL CELL PHONE IF YOU ARE HAVING ANY PROBLEMS:

DR. RASKA (314) 677-5039