

POSTOPERATIVE INSTRUCTIONS

DAY OF SURGERY:

HEAD elevated above your heart for the first 3 days (two to three pillows or in a recliner).

GAUZE PACKS: CAREFUL NOT TO SWALLOW GAUZE PACKING! Leave the gauze in place for apx 1 hour, maintaining constant steady pressure. You have been provided with extra gauze if it is still oozing. If you do need to put more gauze in, moisten it with water first.

DIET: Cold or room temperature items for the first 24 hours.

CRUSHED ICE CHIPS, Hold inside the mouth and allow to melt over the surgical site – reduces swelling and discomfort. Use for first 24 hours.

ICE PACK. Place on the outside of your face over surgical area – 20 minutes on, 20 minutes off for the first 3 days following surgery.

IBUPROFEN REGIMEN: Take 600-800mg of Ibuprofen (3-4 tablets of Advil/Motrin 200mg) every 6 hours for pain and inflammation. You may also take the prescription pain medication for breakthrough pain, if needed, between doses of Ibuprofen

BEGINNING ON THE FIRST DAY AFTER SURGERY:

Gently brush your teeth after each meal and at bedtime, followed by warm salt water rinse (or Peridex if prescribed)

WARM SALINE SOAKS. Mix ¼ teaspoon of table salt and warm water

. Tilt head back and forth several times. No swishing. **SOAK** the surgical site with the warm saline, holding it over the site at least 10-12 seconds while gently massaging the outside of face over the surgical site. Do not spit it out, tilt head forward, and let it fall out into the sink.

* CONTINUE UNTIL YOUR FOLLOW-UP APPOINTMENT!

THIRD DAY FOLLOWING SURGERY:

After the 3rd day following surgery, most of your swelling will level off. Now is the time to switch to a moist heat pack (hot water bottle or hot damp towel) 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 any bruising or swelling.

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 (if prescribed), until completed.

DO NOT SMOKE for at least 1 week

DO NOT USE STRAWS for 1 week after surgery and for 3 weeks if you had sinus surgery.

If your dentist has constructed a temporary prosthesis, please wear it sparingly over the first two weeks to avoid damage to the surgical site, removing it during sleeping. ; **FOR PATIENTS HAVING IMMEDIATE DENTURE PLACEMENT: YOU ARE NOT TO WEAR THE DENTURE**

TRAVEL RESTRICTIONS (BONE GRAFT PATIENTS ONLY) – No flying or swimming for 3 weeks.

SINUS PRECAUTIONS
(IF APPLICABLE)

- 1) The sinus naturally drains into the nose, therefore, a nosebleed may occur. Apply ice to face, tilt and elevate head. **DO NOT PANIC!**
- 2) Avoid blowing your nose for at least 3 weeks. The pressure will damage the bone graft in the sinus area.
- 3) **DO NOT USE STRAWS** for at least 3 weeks! This causes undue pressure in the sinus area.
- 4) **DO NOT SNEEZE!** If you feel the need to sneeze, do so out of your mouth.
- 5) Continue taking antibiotics until gone.
- 6) **DO NOT SMOKE** for 3 weeks! Smoking compromises blood flow to the wound and will lead to healing difficulties.
- 7) **TRAVEL RESTRICTIONS – No flying or swimming for 3 weeks.**

*****PLEASE VISIT WWW.SARASOTAORALSURGERY.COM IF YOU HAVE ANY FURTHER POST-OPERATIVE QUESTIONS*****

PLEASE CALL DR. RASKA ON HIS PERSONAL CELL PHONE IF YOU ARE A PATIENT OF RECORD HAVING ANY ISSUES: (314) 677-5039