

## Congratulations you just finished with your oral surgery procedure. Great job!

Please continue reading for your next steps. These instructions apply for ALL procedures.

### 1. Pain Management:

- Take the prescribed pain medication before the local anesthetic wears off and after eating to manage discomfort effectively.

### 2. Gauze:

- Keep gauze over the surgical area with gentle pressure for **one hour** continuously until bleeding stops. Replace as needed.

### 3. Bleeding:

- Expect to have some bleeding, oozing, or redness in the saliva for the first 24 hours.
- If bleeding recurs, apply a small folded gauze pad over the area and bite down or hold with firm pressure for another 30 - 60 minutes.
- Remove excess blood clots before replacing gauze again.
- If bleeding continues to persists, bite down on a cold, soaked tea bag to help clot the blood. If still uncontrollable, contact our office.

### 4. Swelling:

- Swelling is normal for the first **72 hours (3 days)** after surgery. In fact, for most patients the worst swelling is **on day 3** after surgery.
- Swelling around the cheeks, eyes, and jaw are all normal depending on the procedure that you had. Bruising and some discoloration of the face is also normal.
- Apply an ice pack to the face for 30 minutes each hour during the first 24 to 48 hours to help reduce swelling.
- Sleep with your head elevated for two days to reduce swelling.

### 5. Rinsing:

- Avoid vigorous rinsing or touching the affected area for 24 hours.
- Also, avoid spitting or using a straw for the first day.
- Use warm salt water rinses after meals starting the day after surgery to keep your mouth clean.

### 6. Cleaning:

- Brush your teeth lightly the day after surgery and rinse gently to avoid dislodging the blood clot.
- Avoid vigorous brushing, rinsing, or spitting for the first 24 hours after surgery.

### 6. Diet:

- Stick to light, soft foods and drink adequate liquids.
- **AVOID** hard-to-chew or hot foods, as well as nuts, seeds, popcorn, or scrambled eggs that may get stuck in the surgical area.

#### Some examples of foods you CAN eat:

- |                          |             |
|--------------------------|-------------|
| - milkshakes/smoothies   | - yogurts   |
| - mashed potatoes        | - pasta     |
| - cooked soft vegetables | - ice-cream |

#### Foods you should NOT eat:

- |                                  |                        |
|----------------------------------|------------------------|
| - bagels                         | - chips                |
| - steak                          | - crunchy foods        |
| - pretzels                       | - chicken wings        |
| - hot (temperature) soups        | - fish with bones      |
| - hard candies                   | - gum                  |
| - popcorn                        | - carbonated beverages |
| - avoid anything spicy or acidic | - pizza                |

### 6. Prescriptions:

- Take all prescribed medication as directed. **You may or may not** have been prescribed antibiotics. Not every surgery requires antibiotics post-operatively.
- **You may or may not** have been prescribed a rinse. If a rinse was prescribed, please use it as instructed.
- **You may or may not** have been prescribed pain medicine, if not, follow the instructions for over the counter pain medication.
- **Stop** antibiotic use if you experience a rash, diarrhea, or other unfavorable reaction.

### 9. Follow-Up:

- Attend your follow-up appointment as scheduled. **Not all surgical procedures require follow-up.**

### 10. Stitches:

- The majority of stitches placed will dissolve **on their own** in 7 to 10 days; no need to remove them. In some cases, your doctor will tell you specifically if you need to return to have them removed.

### 11. No Smoking:

- If you smoke, please avoid doing so for at least 1-2 weeks after surgery, as it can greatly hinder the healing process. Smoking can put you at risk for infections and complications such as dry socket.

### 12. Dry Socket:

- If you experience discomfort starting on the third or fourth day after surgery, it may indicate a “dry socket.” Contact the office if this happens. 718-226-1251

## Common Conditions that you may encounter for a short while after surgery:

- Stiffness of the muscles and difficult opening your mouth.
- You may have a slight earache or sore throat.
- Black and blue discoloration may occur on the face, cheek, or around the eyes, which will resolve in a few days.
- Slight fever for 24 to 48 hours is normal, but notify the office if it persists.

## Additional Post-Operative Instructions after Bone Grafting:

The following information applies when grafting material has been placed to help preserve your jawbone in preparation for future implant placement:

1. Granules/Grains of bone: Your bone graft contains small particles that may come out into your mouth. This is normal. Do not worry. There is more than enough bone graft in the surgical site and we account for this during the procedure.
2. Membrane: A small membrane is meant to cover the graft in the first few days after the procedure and it is normal if you see/feel it come out after this period.
3. No Pressure on the graft site: Refrain from applying pressure with your tongue or fingers to the grafted area during healing.
4. Soft Diet: Avoid chewing hard foods on the graft site.
5. No Smoking: Do not smoke for at least two weeks to support proper bone graft healing. The bone graft may fail if you smoke.

**By following these instructions, you can ensure a smooth recovery and promote successful healing and results.**

## Additional Post-operative Instructions for Sinus Lift Procedures

1. Nasal Care: Do not blow your nose; gently wipe or dab if necessary. If sneezing, do it with your mouth open to avoid pressure on the sinus.
2. No Smoking: Refrain from smoking for at least two weeks to minimize infection risk.
3. No straws, spitting, scuba diving, or flying in a plane.
4. Avoid activities that increase nasal or oral pressure, like lifting heavy objects or blowing up balloons.
5. Light Exercise: Wait 72 hours before resuming light exercise that does not involve bearing down.
6. Contact your surgeon if:
  - Air or liquids flow unexpectedly between your mouth and nose.
  - You notice small particles of graft material in your mouth or nose.
  - You experience sinus or nasal congestion on the treated side.

**If you have any concerns or questions, please don't hesitate to reach out to 718-226-1251.**

### Center for Dental Implants

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## ORAL SURGERY Post-Operative Instructions

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