

Post Operative Instructions

Tooth Extraction & Bone Grafting

DO NOT DISTURB WOUND You may invite irritation, infection, & bleeding. Light exercise is okay during the first week, i.e. walking, 5 lb weights - please avoid strenuous work outs for one week. Anything that can raise your blood pressure may cause swelling/discomfort.

BITE ON THE GAUZE exert firm, continuous pressure on the surgical site. Keep gauze in place for at least 30 minutes and then remove it. Oozing of blood is normal for the first 24 hours, change gauze every 30 minutes until bleeding is stopped. If a bone graft is placed, a dressing may be placed over the site which will harden to a brittle plastic in about 2 hours, & will most likely fall out on its own. Cold liquids **ONLY** during the first 2 hours. If dressing falls out within the first week, please call the office.

DO NOT RINSE your mouth the first day. The day after surgery you may use warm salt water 3-4 times a day to rinse the mouth gently- add ¼ teaspoon of table salt with a small cup of warm water. **NO HEAVY SWISHING IN EXTRACTION AREAS.** Avoid brushing the surrounding teeth for the first few days. Other teeth should be given usual care.

TO PREVENT SWELLING after extensive and difficult oral operations, the application of ice packs for a minimum of 2-4 hours is desirable. The ice packs should be placed at intervals of 20 minutes on & 20 minutes off. Maximum swelling occurs 72 hours after procedure.

A SOFT DIET is recommended during the first several weeks of healing. Always chew on opposite side of the surgical site. If extractions are performed on both sides of mouth, continue with a soft/pureed diet until your follow up visit. Avoid spicy & acidic foods. Avoid foods with seeds or nuts, as they may become lodged underneath the tissue. Avoid drinking through a straw, as this could disturb the surgical site or dislodge the blood clot, which could cause dry socket. **DO NOT EAT SOLID FOODS UNTIL TOLD OTHERWISE IF A BONE GRAFT WAS PLACED TODAY - SOFT/PUREED DIET IS MANDATORY. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN LEAD TO LOSS OF GRAFT AND POSSIBLE REGRAFTING OF THE SITE(S).**

MIGHT FEEL BONY EDGES, please don't panic. After teeth are extracted, you may feel hard, sharp projections and think they are roots. They usually disappear in a few days, but if they become bothersome, call our office.

TAKE ANTIBIOTICS IF PRESCRIBED be certain to continue taking the **FULL COURSE** unless otherwise instructed.

GET ADEQUATE REST Both rest and quiet help facilitate healing. Strenuous activity following surgery can cause renewed bleeding for 5-7 days following extractions. The proper care following oral surgical procedures will hasten recovery and prevent complications.

AVOID SMOKING for as long as possible but at least 7-10 days following extractions as this **WILL** slow the healing process and can lead to complications.

Dental Implants

BITE ON THE GAUZE exert firm, continuous pressure on the surgical site. Keep gauze in place for at least 30 minutes. Place gauze directly over the surgical site.

IF SINUS LIFT HAS BEEN PERFORMED it is essential that there is **NO** movement of the sinus membrane; therefore avoid blowing your nose in all cases and if "stuffiness" occurs, utilize an over the counter cold medicine to avoid sneezing.

APPLY ICE EXTERNALLY to the surgical site immediately after surgery. The ice packs should be placed at intervals of 20 minutes on & 20 minutes off until bedtime tonight. You may use ice packs or plastic bags of frozen vegetables.

YOUR DIET AFTER SURGERY will depend upon the size of the area operated on & your comfort level. Consume a soft diet; liquid or pureed foods. Avoid **ANY** chewing on the surgical site, spicy & acidic foods, as well as foods with seeds or nuts, which may become lodged underneath the tissue. Continue eating a soft diet until instructed to do otherwise by Dr. Moriarty.

REMOVABLE PARTIAL DENTURES should **NOT** be worn after your surgery unless informed otherwise. If your partial denture has not been inserted after surgery, you should not replace it until you speak with our office. Inserting the removable partial denture too early may jeopardize the success of the implant(s) during this healing period. If you are wearing a temporary fixed bridge that is fully supported by your natural teeth, this may be cemented back into place after implant surgery.

AVOID SMOKING & DRINKING ALCOHOL as doing so will negatively affect the short and long term success of the implant(s).

GENTLY RINSE MOUTH AFTER THE FIRST DAY Combine one teaspoon of table salt with 8-12 oz of warm water, rinse 3-4 times/day (especially morning and night). Excessive swishing in the surgical site should be avoided.

GET ADEQUATE REST. Both rest & quiet help facilitate healing. If possible, an elevated head rest or an extra pillow should be used during the first two nights after your surgery.

Post Operative Instructions

Chao Pinhole

NO BRUSHING over surgical site(s).

NO FLOSSING Waterpik only from tongue-side or inside.

NO TOUCHING with finger or any other device or object (i.e. cotton swabs)

NO LOOKING Do not obsess over or question doctor about appearance of gums for six weeks.

RINSE ONLY WITH LIPS APART i.e. **NO** chipmunk cheeks

WEAR PRESCRIBED APPLIANCE 24 HOURS/DAY– if instructed. Do not clench or grind your teeth. Check with doctor about any other appliances such as retainers, Invisalign, Perio-Protect, etc.

ICE OVER AREA at 10 minute intervals for the first 24-48 hours to minimize swelling.

DO NOT BE ALARMED ABOUT SOFT SWELLING OR BRUISING FOR THE FIRST WEEK.

DO NOT EAT crunchy or sticky food or use a straw for drinking.

EXPECT COLD SENSITIVITY for 6 weeks or longer. **DO REPORT** sensitivity during check-up appointments.

PAIN CONTROL take one acetaminophen (Tylenol) and one NSAID (Motrin or Advil) at the same time, subject to other instructions by doctor.

CALL DOCTOR IMMEDIATELY if you have unexpected pain, continuous bleeding or heat from the surgical site.

PATIENT MUST RETURN to our office 24 hours after surgery, 1 week after surgery, 3 weeks after surgery and 6 weeks after surgery.

Sedation Dentistry

NOTIFY YOUR DENTIST IMMEDIATELY of any changes, even minor, in your physical condition, such as a cold, nausea, bleeding, etc.

PERFORM your usual bathing routine.

GO HOME IMMEDIATELY AFTER your procedure and rest the remainder of the day. Do not perform any strenuous activity.

ASK US ANY QUESTIONS or call us with any concerns you may have at any time.

DO NOT attempt to eat a heavy meal immediately after your procedure. If you are hungry, consider a light snack (clear liquids, soft toast, pudding, apple sauce, cottage cheese, soup, etc.) for the next few hours. You may become drowsy after the first meal.

FOR YOUR SAFETY, someone should be available to care for you and watch you closely for **24 hours** after your dental surgery.

DO NOT go up and down stairs unattended. Try to stay on the first floor until recovered. Always hold onto someone's arm as you may have balance issues due to the sedative medications you were given.

WHEN SLEEPING, lie only on your side or stomach for at least six hours after your procedure.

DO NOT consume any alcoholic beverages while taking any medications prescribed by your dentist. Some medications may adversely interact with anesthetic drugs or chemicals remaining in your body. Included are prescription drugs such as sleeping pills or tranquilizers and over-the-counter medications such as aspirin.

DO NOT operate a motor vehicle or operate complex and/or heavy machinery for at least 24 hours after your sedation and surgery as your responses will be slowed considerably. This includes equipment used at home such as a lawnmower, as well as equipment possibly used on the job, i.e. a forklift.

IF NAUSEA DEVELOPS, avoid taking narcotic (pain) medication and consider lying down for a while, place a cool, damp cloth on your forehead and drink 7UP, Sprite or Ginger Ale, as they help alleviate nausea.

IMPORTANT DECISION MAKING should be **DELAYED** for at least 48 hours after your sedation and surgery.

FOLLOW YOUR DOCTOR'S INSTRUCTIONS and return to see him as directed.

IF YOU HAVE ANY PROBLEMS OR QUESTIONS regarding your sedation and/or surgery, please call Dr. Moriarty at 717.553.1793.

Post Operative Instructions

Crown Lengthening Surgery

PAIN Some degree of discomfort & pain will arise as the numbness subsides. We recommend that you start taking a non-steroidal anti-inflammatory once you arrive home. Advil/Ibuprofen/Motrin/Aleve are such medications and should be taken as directed on the bottle (usually 400 mg every 4-6 hours). If you are unable to take anti-inflammatory medications, take Tylenol or acetaminophen as directed on the bottle (usually 650 mg—1,000 mg every 6 hours). If the pain is not relieved, then you may take the prescribed pain medication as directed. All pain medications have the ability to cause severe nausea and vomiting, try to have some food in your stomach prior to taking them. **DO NOT WAIT** for the pain to become unbearable before taking some form of pain medication, as it will be more difficult to control. Moderate to severe pain usually does not last longer than 24-72 hours, sometimes peaking on the 3rd postoperative day. Relief should begin on the 4th post operative day.

BLEEDING Expect minor bleeding or oozing from the operative site. This bleeding may continue throughout the first day. Keep firm pressure on the surgical site by biting down on gauze for 30 minutes at a time until bleeding subsides. Biting on a moist tea bag wrapped in gauze may help control persistent oozing. Once the oozing has slowed down, try to avoid placing gauze or any other irritant near the surgical site. This will only lead to further bleeding and discomfort. If active bleeding should recur at any time, carefully rinse your mouth with cold water and apply a fresh gauze sponge to the bleeding site. Firm pressure for 15-30 minutes usually controls the problem. Should active bleeding persist, please call our office and a member of our team will return your call promptly.

THE SURGICAL SITE The first stages of healing are aided by allowing tissues to rest. Avoid vigorous chewing, excessive spitting or rinsing for the first 24 hours as initial healing may be delayed, active bleeding restarted or infection introduced.

AVOID SMOKING COMPLETELY Smoking tends to slow down the healing process and may also contribute to infection and prolonged discomfort.

SUTURES (if applicable) Do not worry if your sutures start to come out. They will usually dissolve within 5-7 days and typically do not require removal.

SWELLING Swelling usually develops during the first 12-24 hours following surgery, often peaking on the 3rd postoperative day. Swelling can be minimized by placing an ice pack on the affected side at 30 minute intervals during the first 48 hours after surgery. Any swelling, soreness or stiffness in the jaw muscles can be relieved by applying a warm, moist towel to the affected side of the face several times a day. Moist heat should be used **AFTER** the first 48 hours.

ACTIVITY Limit your activity during the first 24-48 hours after surgery. Excessive exertion may lead to postoperative bleeding & discomfort. When you lie down, keep your head elevated to at least 45 degrees on a pillow. **DO NOT** drive an automobile or operate heavy equipment for 24 hours following surgery if you have had general anesthesia or if you are taking a prescription pain medication.

DIET Fluid intake is very important. You can advance to soft foods and other fluids as tolerated. Please avoid hot liquids until the numbness has worn off and the bleeding has stopped. Food selection is largely a matter of your choice but soft, cool foods that require little or no chewing are ideal as they are easily tolerated.

ORAL HYGIENE Start cleaning your mouth 24 hours after surgery by using warm salt water rinses (1/4 teaspoon table salt with 8-12 oz of water). Repeat 3 times daily for one week. Brush your teeth starting on the first postoperative day being careful not to irritate the surgical site.

YOUR MEDICATIONS Take any regularly scheduled medication as you normally would unless advised to do otherwise. Patients taking blood thinners (i.e. Coumadin) should restart those medications after surgery unless there is any sign of continued bleeding.

IF YOU FEEL THAT HEALING IS NOT PROGRESSING IN A NORMAL FASHION OR YOU ARE EXPERIENCING A TRUE MEDICAL EMERGENCY, CONTACT OUR OFFICE IMMEDIATELY 717.553.1793 AND A MEMBER OF OUR TEAM WILL RETURN YOUR CALL IN A TIMELY FASHION.