

POST SURGICAL INSTRUCTIONS

DRS' TRYLOVICH, GIFFORD, MANTOR, SWENSON
CHARLESTON PHONE 259-1943 HENDERSON PHONE 750-9875

Please avoid strenuous activity, exercising, heavy lifting, bending for 5 to 7 days!

1. **Sutures-** Sutures have been placed around your teeth for your comfort and should stay in place until your next appointment. If they begin to fall out after 4 or 5 days, **THIS IS OK!** You **do not** need to come back to have the sutures replaced. You will still be seen at your post op appointment.
2. **Bleeding-** You can expect oozing and blood tinted saliva up to 24 hours **after** surgery. At no time should your mouth fill up with blood or blood clots. **If active bleeding does occur, return to our office.** If it's after hours, see '**Emergencies**' on the other side of this form.
3. **Swelling-** Use **ice pack for the FIRST 24 HOURS** when you get home to minimize swelling. Apply the ice pack 20 minutes on, 10 minutes off. **Do not be alarmed if you begin to swell a couple days after your surgery!** If you were iv sedated for your surgery, your iv solution contained a medication that minimizes swelling. After the body passes this medication, you may begin to see swelling afterwards, **which should gradually decrease over the next few days.** If it **increases** or there is no change at all, call our office!
4. **Pain Meds-** Take your pain medication according to the instructions. Eat something first, being careful if you are still numb. **If you are taking Ibuprofen, you can alternate it with Tylenol 3-4 hours later.** **Do not take more than the prescribed amount for each one!** **NOTE: If you were given an opioid for pain, please be sure to read and sign the Informed Consent For Controlled Substance Opioid Therapy For Pain before you begin taking!**
5. **Stent-** If you had gum graft surgery, **leave your plastic stent in at least 72 hours.** It will protect the donor site as it heals. After that, if it interferes with eating or talking, you may take it out for a while, clean it, and put it back in. **Please note: it is not necessary to remove it.** It will be taken out at your first post op appointment and the donor site will be checked to see how it is healing.

- 6. Gum Graft-** If you had gum graft surgery, the initial color can range anywhere from pearlish white to grayish looking. **THIS IS OK!** After a couple of weeks, it will blend into your natural gum color. **DO NOT TOUCH, LICK, OR BRUSH THE GRAFT SITE!** **Review the Gum Graft/Gum Lift on the Post Instructions page.**
- 7. Implants- (& Extractions)** If your surgery was for implants or extractions, sutures were placed and will be removed at your first post op appointment. **Eat SOFT foods for AT LEAST the first week!** You may resume a normal diet as long as it can be easily chewed, but- **NO nuts, seeds, popcorn, tough, chewy, crunchy, sticky foods!** All On 4-5-6 cases- **read the Post Instructions on the back page.**
- 8. Sinus Lift/Push-** If your surgery was for a sinus lift or sinus push, you will have non-dissolvable sutures placed. They will be removed at your first post op appointment. **DON'T BLOW YOUR NOSE. WIPE!** **Do not do any heavy lifting, bending, or vigorous, strenuous activity.** Eat only soft foods the first few days after your surgery. **Review the Sinus Lift/Push Additional Post Instructions page.**
- 9. Eating-** **Eat soft foods** the first week after your surgery like mashed/baked potatoes, pasta, ramen noodles, eggs, pancakes, yogurt, soup, soft cooked vegetables, soft cooked beans, oatmeal, smoothies, shakes, etc. Stay away from hard, tough, crunchy, crispy, chewy, sticky, sharp-edged, spicy foods. Stay hydrated on **non-alcoholic** liquids.
- 10. Brushing-** **Maintain good oral hygiene. Do not brush the surgical site!** Carefully brush and floss all other areas thoroughly.
- 11. Rinsing-** **DON'T** rinse your mouth, spit, or use a straw for 24 hours! Doing this can dislodge the clot that needs to form to stop active bleeding. Start the Chlorhexadine rinse **24 hours after surgery.** (Refer to the Pre-Surgical instruction sheet under 'Oral Rinse').
- 12. Smoking-** **Stop or minimize smoking for 2 weeks before and after surgery** **Smoking slows healing and is detrimental to success of surgery!**
- 13. IV Sedation-** For IV **and/or** pill sedation, expect to feel sleepy the rest of the day. **Do not drive for 24 hours,** nor sign any legal documents.
- 14. Emergencies-** Call **Dr Trylovich** at 324-1175, **Dr Gifford** at 686-3605, **Dr Mantor** at 801-372-2501, **Dr Swenson** at 970-462-6132
- 15. Appointments-** **PLEASE SHOW UP FOR ALL POST OP APPOINTMENTS!** This is an essential and important part of your surgery to ensure your healing is progressing and to help prevent any complications!

ADDITIONAL POST INSTRUCTIONS FOR SURGICAL PROCEDURES

GUM GRAFT/GUM LIFT SINUS LIFT/SINUS PUSH ALL ON 4 – 5 - 6

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FOR GUM GRAFT/GUM LIFT PROCEDURE:

Follow **all** instructions under your **Post Surgical Instructions** Sheet unless otherwise instructed by your doctor. Additional instructions are as follows:

No brushing or flossing surgical site for at least 2 weeks, or until your first post op appointment. Do not use an electric toothbrush until it is safe to do so as instructed by your doctor. You may brush and floss your other teeth, but do not get too close to the surgical site.

DO NOT pull your lip up or down to take a look at the graft area or touch the graft area in any way! **DO NOT** lick or brush the graft site! **Doing this may dislodge the grafting material!**

FOR SINUS LIFT/SINUS PUSH PROCEDURE:

Follow **all** instructions under your **Post Surgical Instructions** Sheet unless otherwise instructed by your doctor. Additional instructions are as follows:

You may have mild to moderate nose bleeds on and off for at least the next 3 or 4 days. **This is normal!** If it is severe, call your doctor immediately!

You may get black and blue bruising, **which is normal!** It will gradually fade. If using Arnica Montana, use 7 days and apply the gel to your face.

NO vigorous or strenuous activities for the next 5 to 7 days! i.e. jogging, swimming, aerobics, cycling, hiking, lifting weights, physical sports, bending, lifting heavy objects. **DON'T BLOW YOUR NOSE. WIPE!** If you have to sneeze, do it with your mouth **open. Don't try to hold it in!**

FOR ALL ON 4 – 5 – 6 PROCEDURE:

Follow instructions on your **Post Surgical Instructions Sheet** **except** the instructions under ‘Brushing’.

NO vigorous or strenuous activities for the next 5 to 7 days, i.e. jogging, swimming, aerobics, hiking, lifting weights, physical sports.

Your appliance is designed for immediate function. **However, stay with soft foods only for the next 4 weeks!** Any food you can cut with a fork is acceptable. During this time and for the next 4 to 6 months, **Please note: DO NOT ATTEMPT TO EAT:** Whole apples, chips of any kind, granola, nuts or seeds of any kind, popcorn, caramels, beef jerky, steaks, taffy, raw vegetables, etc. DO NOT chew gum. DON’T attempt to bite into anything with your front teeth! If it passes the test of what you can eat, place the food on the cheek side. It may also help to cut your food into smaller portions.

DO NOT brush the surgical area. Use the Chlorhexadine mouth rinse the day after surgery as instructed, and continue to use it twice a day for the next 2 weeks or until your post op appointment. Your doctor will let you know when you can safely brush these areas again. If you have natural teeth remaining on the top or bottom, you may still clean those teeth as you normally would.

You will continue to wear your temporary appliance for the next 4 to 6 months. This is how long it takes for the implants to completely integrate in the bone and your bone becomes nice and rigid around the implants. Your general dentist will then begin fabricating your **final fixed appliance**, (no palate covering!) made with a Titanium framework and only your dentist can remove it. **Also, once your final appliance has been placed, you may enjoy eating all types of food again!**

When your final appliance has been placed, **we strongly recommend that you purchase a waterpik!** This will be a valuable asset to your investment to keep your mouth and gum tissue healthy, which is of utmost importance!

NOTE: You **must** continue to come in for cleanings! Come in to have your implants checked and get an updated xray of them once a year! **It is your responsibility to stay proactive with these appointments.**

