

## POST-SURGICAL CHECKLIST

**\*\*\* Please read through all of the following information before your surgery to ensure \*\*\*  
your surgical appointment goes as smoothly as possible.**

**The first 48 hours after your surgical procedure are the most important and will ultimately determine the outcome of your procedure and the course of your healing. To achieve optimum results, follow these post-operative instructions:**

### **ACTIVITY:**

- \_\_\_ No physical activity for at least 72 hours. After that, use good judgment (i.e. If you are doing something that causes discomfort, STOP). Heavy activity will increase blood flow, which can lead to increased bleeding and swelling. It is normal to see traces of blood in your saliva for the first 48 hours.
- \_\_\_ **NO SMOKING.** Smoking slows healing and can lead to early loss of teeth or implants.
- \_\_\_ If surgery was performed under a pre-surgical sedative (i.e. Triazolam) or intravenous sedation, **DO NOT DRIVE** or operate heavy machinery for 24 hours or until the effect of the medication(s) wears off.
- \_\_\_ Sleep with your head elevated (above heart level) for the first 24 hours. This will help minimize swelling.
- \_\_\_ **USE ICE PACKS** for the first 24 hours (15 minutes on / 15 minutes off)

### **DIET:**

- \_\_\_ No chewing until numbness goes away. We don't want you to bite your lip or cheek. Always chew on the opposite side from treatment (if possible).
- \_\_\_ Only soft foods for the first 48 hours (i.e. mashed potatoes, fish, soups, pasta, oatmeal, avocados, yogurts, milkshakes, tofu, ground meat, etc.). Do not eat or drink anything hot for the first 24 hours following your procedure as this promotes bleeding. Avoid foods with small seeds (i.e. strawberries, kiwi, flaxseed, etc.). Remember, adequate nutrition is essential for feeling better, as well as healing.
- \_\_\_ **NO ALCOHOL** for the first 48 hours
- \_\_\_ **NO CARBONATED BEVERAGES** for the first 48 hours
- \_\_\_ **DO NOT USE A STRAW** for the first 48 hours

## **HYGIENE:**

- \_\_\_\_\_ **NO BRUSHING, FLOSSING, OR RINSING** for the first 24 hours. After that, avoid surgical areas when brushing and flossing.
- \_\_\_\_\_ After 24 hours has passed since the surgery, rinse gently with the prescribed mouthwash (Chlorhexidine Gluconate 0.12%) two times daily: once in the morning after breakfast and once in the evening before bedtime. Do not eat or drink anything for at least one hour after rinsing. **CONTINUE USING THIS UNTIL THE DOCTOR TELLS YOU TO STOP**; usually in 4-6 weeks.
- \_\_\_\_\_ Do not pull on your cheeks. Do not touch or push your tongue on the surgical site. If an implant was placed, do not touch the implant.
- \_\_\_\_\_ Do not remove or pull on stitches. Any non-resorbable stitches will be removed when the tissue is stable.

## **MEDICATIONS:**

- \_\_\_\_\_ If prescribed antibiotics, continue taking until they are completely finished
- \_\_\_\_\_ If prescribed a steroid dose pack, continue taking until they are completely finished. This medication has been prescribed to prevent/decrease swelling
- \_\_\_\_\_ If prescribed an anti-inflammatory (Motrin, Advil, Ibuprofen), continue taking until they are completely finished. It is advisable to not take this medication on an empty stomach.
- \_\_\_\_\_ We prefer not to use opioids. Instead we have found taking a combination of over-the-counter or prescription Ibuprofen and Tylenol (Acetaminophen) to be effective. You may take 600mg of Ibuprofen and 325mg of Regular Acetaminophen every 4-6 hours as needed for pain. **Do not exceed** 1000mg of Acetaminophen in a 24 hour period. Individuals with problems with either one of these medications should contact our office. Consumption of alcohol when taking Acetaminophen is **NOT** recommended.

The Doctor will usually contact you the evening of your surgery to check on you. However, if you need to talk to the Doctor or the staff prior to the Doctor's phone call, please feel free to contact our office at **(214) 691-2404**.