

### Oral Hygiene and Home Care Instructions for Surgical Treatment

Do NOT eat anything until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause damage to the surgical site. You will probably have some discomfort when the anesthesia wears off; take your **non-aspirin** pain medication(s) as directed, whether it is prescribed or over-the-counter.

#### With Sinus Surgery:

- Nose bleeds may occur after the surgery. These will stop in a few days.
- Do NOT blow your nose. You can use tissue to wipe your nose.
- Please try NOT to sneeze. If you need to sneeze, do NOT squeeze your nose and keep your mouth open.
- Do NOT sniff or snort. Avoid steamy showers as well as submerging your head under water.
- For sinus decongestants, you may use an over-the-counter medicine and follow the instruction on the box.
- Use saline spray but do not blow. Afrin and medicated sprays can be used but should be used very limited. Plain saline spray without medication is best.

#### Medications:

→ We recommend taking 200mg of Ibuprofen (Advil) AND 500mg of Acetaminophen (Tylenol) together every 4-6 hours. You can also alternate between 600mg of Ibuprofen and 1000mg of Acetaminophen every 3 hours. DO NOT exceed over 2400mg of Ibuprofen in 24 hours. DO NOT exceed over 4,000 mg of Acetaminophen in 24 hours.

If You CANNOT take NSAIDS such as Ibuprofen (Advil), Aleve, or aspirin, please talk to our assistants or our doctors.

→ You may have been given a prescription as an additional pain reliever. This may be filled at any pharmacy if the over-the-counter pain medication does not relieve your discomfort. You can take the stronger pain medication alternating with the Ibuprofen or Acetaminophen combo if they are not cutting it for pain management. If additional pain reliever is too strong, you can cut the pill in half. Do not mix acetaminophen simultaneously with the stronger pain relievers as they may contain Acetaminophen.

→ With all medications, please read the labels, follow the instructions, or ask your pharmacist for possible side effects.

\*Antibiotics may have been prescribed to prevent or minimize infection. Please take antibiotics as instructed until all tablets / pills are finished. IF you are experiencing any side effects from antibiotics, steroids or pain relievers, please call the doctor immediately.\*

#### Discomfort:

Swelling of the surgical area is common. Even bruising and chapped lips may occur.

→ A reusable ice bag or a frozen vegetable bag, wrapped in a soft towel, may be applied to the area of surgery to help minimize the swelling of your face. Alternating 10 minutes on and 10 minutes off will usually be adequate during the first 24-48 hours after surgery.

Keeping your head elevated above your heart will also help. Prop your head up slightly when you sleep for the first 3-5 days post-op. One to two days after surgery, moist heat will help resolve minor swelling.

\*Major swelling should be reported to the doctor at once.

You may experience some tooth sensitivity after surgery, especially to cold or light chewing. Sensitivity usually decreases within several weeks after surgery and can be minimized by keeping the area as plaque free as possible. If the sensitivity is extreme, contact the doctor for recommendations or medications to relieve the discomfort.

### **Bleeding:**

Minor bleeding, such as a pink to brown tint to your saliva, may occur during the first 48 hours following surgery. Avoid extremely hot foods **until your post-op appointment**, as they will often prolong the bleeding. **If bleeding continues, apply light pressure to the area with a moistened gauze or moistened black tea bag. Keep in place for 30 minutes without looking to see if bleeding has stopped (NO PEEKING!).** If bleeding increases or it is soaking up gauze quickly, please call our office as soon as possible to notify the doctor and receive further instructions. **Avoid any strenuous physical activity until your post-operative appointment. If you try to exercise or do physical activity keep it very light for 1-2 weeks. If you are getting your blood pressure up and the area starts to throb or bleed, you are doing too much.**

### **Eating / Diet:**

Please follow a soft food diet, taking care to avoid the surgical area(s) when chewing. **Chew on the opposite side and do NOT bite into food if the procedure was done in the front of the mouth.** Avoid sticky, hard or crunchy (such as ice cubes, nuts, popcorn, chips, brittle), spicy, highly seasoned, or acidic foods in your diet. Stay away from hot sauce. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni, & cheese, pudding, yogurt, smoothies and protein shakes, etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids.

- **Avoid alcohol (even beer and wine) when taking prescribed pain medications and avoid smoking until after your post-operative appointment. Smoking is not advised during the 14 days following surgery. In addition, please strongly consider quitting smoking all together!**
- **If NOT taking prescribed pain medications, please limit alcohol consumption to 1-2 alcoholic beverages a day.**

### **Homecare:**

Maintain normal oral hygiene measures in the areas of your mouth **NOT** affected by the surgery.

#### **Starting tonight:**

- Please use the prescription mouth rinse 2X (morning and night) a day; 30 seconds of gentle swishing with each use. **Vigorous rinsing should be avoided!**
- → After eating and snacking, please use saltwater rinses to remove food debris. (Add 1-2 tablespoons of salt in a 16 oz water bottle; 4-6 times throughout the day; 30 seconds of gentle swishing each time.) **Vigorous rinsing should be avoided!** Salt water rinses will also help with inflamed and itchy gums as it speeds up your healing.
- **Please avoid using any over-the-counter mouth rinse for three weeks.**
- Do **NOT** brush the surgery areas until post-operative appointment.
- With **implant healing abutments (healing caps)**, please do **NOT** use electric toothbrush in the area, **until the final crown is completed with your dentist.** Turn off the brush when brushing your healing abutments.

If you are instructed to wear a **clear stent (surgical band-aid) or an upper denture that covers up the roof of the mouth**, do **NOT REMOVE** it for **72 hours post-surgery!** It may pool with blood, but leave it in there and just swish with the prescribed rinse or lukewarm salt water.

- After 72 hours you are to wear it as much or as little as you please, especially while you eat for your comfort.
- **Please do NOT play with the surgery area with your fingers or tongue, until post-operative appointment. Leaving the area alone is the best thing you can do.**
- **Do NOT move the lip or cheek to look at the area and do not have someone else look at the area, until post-operative appointment. Just LEAVE IT ALONE!**
- **Until post-operative appointment, do NOT use a drinking straw, as the suction may dislodge the blood clot.**
- **Avoid extremely hot food or drinks until post-operative appointment. Cold foods such as ice cream or shakes are okay, as long as you use a spoon.**
- **Do not submerge your head in a swimming pool, river, lake, reservoir, or any body of water.**
- **Please do NOT travel for at least 3 weeks out of driving distance within 2-3 hours. No airplanes for 3 weeks post-surgery.**

Try to relax and practice the best oral hygiene possible and your healing should go well at home. Stay on top of pain medications. If you have any questions or concerns, please call the number(s) listed below:

303-721-1173 (DP Office)

618-558-1035 (Dr. Richardson Cell)

970-713- 0012 (Dr. Petroche Cell)

It is best to text your name to your Doctor and they will call you back. Voicemails are often not registered as quickly fyi. If you cannot reach anyone from our office, please call 911 or contact the nearest emergency room.