

# DR VIRAL I PATEL

BDS MDS [PERIODONTOLOGY]

*REG NO:- A-1650*

## POST-OPERATIVE INSTRUCTIONS For Surgical Procedures

Please read and follow these instructions carefully. Also, do not hesitate to call the office if you have any questions.

**PACKING** – If a dressing may have been placed over the surgical site for your protection and comfort. It should remain in place for approximately one week; however, if small fragments break away or become loose, do not be alarmed. If the entire packing comes off, please call the office for instructions.

**RINSING** – DO NOT RINSE FOR 24 HOURS. After that it is best to rinse 4 – 5 times per day with warm salt water until your suture removal appointment. This will help your healing.

**NO RINSING, SPITTING, SWISHING or SUCKING** anything thru a straw, because it disrupts the initial healing process or may prompt bleeding to reoccur.

**EATING** – Soft foods are recommended for the rest of the day. Avoid hot foods and drinks until the anesthesia has worn off. You may wish to stay on a semi-soft diet for a few days. If possible, chew on the side opposite of the surgery. Do not eat foods with small seeds for 48 hours after surgery.

**BRUSHING** – Continue to brush and floss any teeth not involved in the surgical procedure.

**MEDICATIONS** – Take as directed.

**COLDPACKS** – You may be given cold packs to use immediately following the surgery. Apply to the cheek on the surgical side for 20 minutes then remove for 20 minutes. After the anesthesia has worn off, you may find it soothing to suck on ice chips.

**SLEEPING** – Sleep with your head slightly elevated for 1-2 days following surgery.

**SMOKING** – Avoid ALL tobacco products for at least one month before surgery and 3 months after.

**DISCOMFORT** - Some discomfort is to be expected and will vary, depending upon the extent of the surgery. For slight discomfort, medicines may be used. For moderate to severe discomfort, take prescription tablets as directed.

**NAUSEA:** Do not take medication on an empty stomach. If you have nausea, discontinue your medication. If nausea persists, call the office.

**NUMBNESS:** For several hours following surgery, there may be numbness of the lips, cheeks, or tongue, so avoid biting or chewing.

**SWELLING AND/OR TEMPERATURE:** If swelling and/or temperature continue past the first two days, please contact us.

**IMPLANTS:** Surgical site needs to be cleaned with a Q-tip & brush twice per day.