



Premier Oral Facial & Implant Surgery

FIRAS ALI, DMD

Post-Op Instructions for Surgery

Please read this important information for your care after surgery

- NO SMOKING or tobacco products for 3 weeks. No alcohol or heavy mouth rinses for 1 week.

Diet

- Diet consists of **soft cool foods** for 3-4 days. You will progress to your regular diet gradually over the course of the following week. Mainly liquids the first day (applesauce, pudding, Jello, soup broth, ice cream, smoothies/shakes) and something a little more solid the following day (scrambled eggs, pasta, mashed potatoes, cooked vegetables), and so on.
- For 2 weeks, **AVOID** small foods like nuts, rice, seeds, or things that could easily get stuck in the bottom sites. Avoid anything hard/crunchy, sticky/spicy that could aggravate the gums while they are healing. Avoid greasy or fried foods.
- **DO NOT** drink through a straw for 1 week. It creates pressure on the site that could cause dry socket – when the blood clot dislodges from the site exposing bone and resulting in a sharp pain followed by inflammation and a foul odor.

Dental Hygiene

- After the first day, gently rinse with saltwater 2 times a day (1/2 teaspoon of salt to 1 cup of room temperature water) – no vigorous rinsing or spitting.
- After the first day, brush your teeth with a soft bristle toothbrush every day to keep the area clean. Make sure to avoid getting too close to the extraction site for approx. 4 days after procedure.
- After 5 days, you can start irrigating the bottom sites with the provided plastic syringe filled with saltwater to flush out any food or debris that could be getting stuck in those sites. The syringe will be used for about 7-10 days or until you notice you are not getting food stuck in there anymore.
- If suture was placed in the mouth, it is self-dissolving unless we tell you otherwise. It may take **2-4 weeks** to dissolve.

Bleeding

- Gauze will need to be placed at the extraction site(s) for the **first day** to help stop the bleeding, changing it out every 60 minutes until the bleeding stops. Once the gauze turns a light pink color you can stop using it.
- Take out the gauze every time you eat, drink, or sleep. Place a towel over your pillow to catch any drainage, if needed.

- If heavy bleeding persists, change out the gauze every 30 minutes or place moist teabags wrapped in gauze at the sites to help stop the bleeding. If bleeding does not slow down changing the gauze every 30 minutes, please call our office or go to your local express care or emergency department.

Swelling

- You can use ice packs to help with the swelling and inflammation after the procedure. Apply ice to the face, using it **20 minutes on and 10 minutes off**, popping it back in the freezer, for the first **2-3 days** to help minimize swelling.
- After the 3rd day, you can switch to heat compressions and start jaw exercises to alleviate any soreness in the jaw from having undergone the procedure and to regain jaw mobility.
- Sleep with your head elevated for the first 48 hours.

Pain/Medications

- The doctor will prescribe pain medication as necessary after the procedure. If you do not need a narcotic, you can take either acetaminophen (Tylenol) 500 mg or ibuprofen (Advil) 600 mg every 6 hours to alleviate the pain. You can also alternate between the two OTC medications every 3 hours if pain persists when taking just one medication. If narcotic is needed, switch out the OTC Tylenol for the narcotic and alternate the narcotic with the ibuprofen every 3 hours.
- As per DEA federal laws, narcotics cannot be phoned to a pharmacy. Any lost or altered prescriptions cannot be replaced.
- Pain and swelling will gradually increase after the procedure and peak around the 3rd day; then, should start to gradually go down over the course of the next week.
- Your doctor may prescribe an antibiotic for you to help prevent infection. Unlike the pain medication, it is important that you finish this medication unless otherwise directed.

Physical Activity

- Recommended 2-3 days of downtime following the procedure and holding off on cardio/heavy lifting for 5-7 days.

If you have any questions or concerns, please call our office at 571-291-3244.