

## Post-Operative Instructions

### Activity:

It is very important that you go home after the procedure and rest. You may gradually return to your daily routine the day after surgery. However, you should go easy with physical activity the first few days. You may have brief periods of chills or weakness which are not unusual following a surgical procedure.

### Prescriptions:

Some discomfort following surgery is anticipated. Your prescription for pain control should be taken as directed. Tylenol, aspirin or ibuprofen may be substituted as soon as possible if you can take these pain medications. If you receive other prescriptions such as an antibiotic, follow the directions carefully. Please call our office if you have any reactions to any medications.

### Swelling:

You may apply ice packs to reduce swelling & pain to the side of the face that was treated. These packs may be applied for ten-minute intervals which alternate with ten-minute intervals during which no ice is applied. Applying ice packs will be beneficial for the first few hours after surgery. Do not use ice after the first day. Frequent warm, salt-water rinses and warm, moist packs may be used the day after surgery.

### Bleeding:

There may be blood stains in the saliva for a few hours after treatment. This is normal. If there is "considerable" bleeding, find the site where bleeding is coming from and hold a damp gauze or cloth towel over the site with your thumb or index finger. Hold firm pressure for 10 to 15 minutes. If bleeding persists, call the doctor. Do not try to stop the bleeding by removing the surgical dressing or by rinsing.

### Surgical Dressing:

\_\_\_ The surgical dressing should stay in place until the next appointment. If it loosens, please call the office.

\_\_\_ The surgical dressing may be removed after 3 to 4 days. If it becomes loose gently lift the dressing from the teeth with a toothpick and remove it. Begin routine plaque control that day. Floss and brush in a gentle manner. The brush should be softened in warm water.

\_\_\_ No surgical dressing was applied. Begin routine plaque control tomorrow.

\*REMINDER: KEEP THE REST OF YOUR MOUTH CLEAN!

### Diet:

Do not drink through a straw. This may cause prolonged bleeding.

Proper nutrition and adequate intake of fluids are essential for proper healing. A soft diet is important to healing tissues so they will not be traumatized. We suggest the following soft foods for a few days after surgery:

Broths and soups	Mashed Potatoes	Breads and cereals
Gelatin and puddings	Soft fruits (canned peaches and bananas)	Casseroles, Ground meats
Juices	Eggs and cheeses	
Ice cream, milk shakes	Yogurt and custards	Meritene, Carnation Instant Breakfast

### Smoking:

Please minimize the amount of smoking. It can delay healing and cause more bleeding.

### Healing:

Healing will not be complete for at least 21 to 30 days, although discomfort will be gone much sooner. Some mobility of teeth might be noticeable during the initial healing process. Some sensitivity of the teeth to hot and cold may occur. This is usually temporary and will decrease more rapidly if the teeth are thoroughly cleansed. Proper home care from now on is vital in order to prevent the recurrence of periodontal problems, and to maintain the health of dental implants.

### IN CASE OF EMERGENCY

These instructions are intended to cover post-operative considerations that are usually encountered. However, if circumstances arise which are not covered here, or you have any concerns or questions, please do not hesitate to call Dr. Okano at the following numbers:

Office: (307) 362-4867  
(800) 281-4867

Home: (307) 362-3369

Cell Phone: (307) 389-0571