

### **Surgical Post Op Instructions:**

- In general, the mouth heals well and quickly. In order to increase the chance of uneventful and speedy healing after surgery, it is important to be careful not to disturb the site and to follow the instructions outlined below.
- In most cases, you will be instructed to use a product called StellaLife to help with healing and comfort after surgery. The directions are procedure-specific and separate instructions will be given for its use.
- After surgery, do not disturb the wound until instructed by your doctor.
- Avoid rinsing and spitting for 48 hours.
- Avoid strenuous activity for at least 48 hours or as directed by your doctor.
- Ice the area to minimize swelling for the first 48 hours as often as possible in 15–20-minute intervals.
- Some bleeding is normal for 24 hours. It can be controlled by biting on gauze with steady light pressure for 30 minutes. If it continues, you can do the same with a moistened black tea bag. If bleeding continues, call our office.
- Swelling is also normal, as is bruising. Using an ice pack as instructed above will help keep these side effects to a minimum.
- Some pain or discomfort is also normal. Take pain meds as instructed by your doctor. Usually Ibuprofen (Motrin, Advil) 600- 800 mg every 6 hours Or Acetaminophen (Tylenol 500-1000 mg every 4 hours is sufficient. For more significant pain a combination of Ibuprofen and acetaminophen works very well and will be instructed by your doctor.
- Keep your head elevated during sleep for the first night or two.
- Maintain a **Soft** nutritious diet with plenty of fluids and avoid chewing on the side of the surgery.
- No drinking through a straw, and nothing too hot to eat or drink for 48 hours.
- Avoid brushing the area until instructed by your doctor. Use recommended syringe as instructed to gently wipe plaque off of teeth adjacent to the site. Continue normal oral hygiene in the rest of your mouth, making sure to rinse very gently.
- Take prescribed antibiotic with foods/as directed until complete to prevent infection. If GI upset occurs, call our office immediately.
- Refrain from smoking until healing is complete. Using tobacco or other smoking products significantly decreases the ability to heal properly.
- If any concerns develop, call our office immediately (215) 493-4021.