

Same Day Smile Post Op Instructions:

Same Day Smiles (SDS) is a surgical procedure to restore your mouth to good function and esthetics. Due to the procedure's nature and to maximize success, it is imperative that post-op instructions be followed precisely. 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.

- **Stella Life-** Is a pre and post op homecare regimen to reduce bacteria, maintain healthy tissue and minimize bruising and swelling. It should be started 3 days prior to surgery appointment and continued until completed, (approximately 7-10 days), instructions will be given for its use.
- Some pain or discomfort is normal. **Ibuprofen/Acetaminophen-** The combination of Ibuprofen (Advil/Motrin) and Acetaminophen (Tylenol) has been proven to be as/more effective in reduction in pain and inflammation than narcotics, and without the influential side effects. Ibuprofen (Motrin, Advil) 600- 800 mg and Acetaminophen (Tylenol) 500-1000 mg every 6 hrs or alternating every 3 hrs.
- **Antibiotics-** given the nature of the surgery and the prevalence of bacteria (normal for the oral cavity), we recommend a regimen of antibiotics to help reduce the risk of post op infection. It should be started **24 hours before** surgery and continued until complete. Please take as directed. If GI upset occurs, call our office immediately.
- **Liquid diet-** should include liquid to smooth foods. Shakes, smoothies (seedless), a supplement such as Ensure, Protein shakes, pureed foods, etc. The reason for this is twofold; 1- important that there are NO chewing forces on the recently placed implants in order for them to heal properly, 2- No solid foods can accumulate around the new teeth, new incision and sutures to avoid disruption of the healing of the surgical site.
- **Ice-** swelling is a result of any surgical procedure. To minimize the amount of swelling, we recommend using ice for the *first 48 hours* after surgery. It should be applied for approximately *20 minutes on/ 20 minutes off*. Frozen bag of peas or corn works very well
- Avoid **rinsing and spitting** for 48 hours (other than instructed with StellaLife[®]).
- Avoid **strenuous activity** for at least *48 hours* or as directed by your doctor.
- Some **bleeding** is normal for 24 hours. If bleeding continues, call our office.
- Keep your **head** elevated during sleep for the first night or two.
- 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. Continue normal oral hygiene in the rest of your mouth, making sure to rinse very gently.
- Refrain from **smoking**. Using tobacco or other smoking products significantly decreases the ability to heal properly and increases the chance the implants will not heal. Please refrain from smoking four (4) weeks prior to your procedure, and eight (8) weeks post operatively.
- Please plan the following schedule for **post-op appointments**: *twenty-four (24) hours, one (1) week, and three (3) weeks* to check-on your progress.
- If any concerns develop, call our office immediately (215) 493-4021.
- Copy of these instructions may also be viewed on our website www.buckscountysmiles.com