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AFTER Extraction & Implant SURGERY POST OP INSTRUCTIONS

Please read the following instructions carefully. Following them helps avoid unnecessary complications and healing to be faster. You will also feel more comfortable.

BLEEDING

- Slight bleeding may continue for up to 24 hours. This is not unusual and is no cause for alarm.
- It is normal for tissue adhesive to chip off or come off within the first 2 hours to 7 days.
- *If excessive bleeding occurs*, call Dr. Nguyen right away and/or take sterilized gauze from the packet given to you following the surgery or at home use a wet caffeinated tea bag and apply steady and firm pressure over the bleeding area for one hour. Sitting quietly in an upright position will also aid in the control of bleeding.

SWELLING

- You can expect some swelling following your surgery, and it may take 3 to 4 days before it reaches maximum. Motrin/Advil at 800mg will help reduce swelling, inflammation, and pain and healing faster.
- To minimize swelling, apply an ice pack to the cheek over the area of surgery, several times of 2 minutes on and off for the first day.
- Avoid bending over. Sleep with your head elevated for the first night.

DISCOMFORT

The amount of discomfort varies from patient to patient. The following medications given to you should be used as prescribed and should control your pain. If you need to take the medication for a few days, do not be alarmed. If you cannot control the pain, then please call the office.

1. Ibuprofen, 800 mg, 3 times a day. If you have severe pain, take 1 tablet of 500 mg Tylenol Extra Strength at the same time with Ibuprofen if you don't have any stomach ulcer, kidney, or liver problems. This combination works well as Norco.
2. Norco (hydrocodone-acetaminophen), take 1 tablet 2 times a day, especially once prior to bed at night.
3. Amoxicillin 500 mg, take 1 tablet 3 times a day for 7 days.
4. DO NOT take Ibuprofen (Advil, Motrin) if you are taking aspirin, Coumadin, Warfarin or any blood thinner or anticoagulant.

ORAL HYGIENE

- Do not brush or disturb the surgical site in any way. After surgery, you may begin using Periogard (Chlorhexidine Gluconate 0.12%) solution for 1 minute rinse with gentle swirling twice a day for 1 week. Spit out. DO NOT eat or drink water or anything for 30 minutes after rinsing.
- Brush all of your teeth as usual, but DO NOT brush or touch the surgery site for one week until Dr. Nguyen shows you how to do it at a POST-OPERATIVE check visit a week or two weeks later. Remember that the remainder of your mouth should be cleaned as usual, being very careful not to disturb the surgery site.

STAYPLATE (if you have one)
The stay plate will be in your mouth following the surgery. Please follow your individual instructions given after your surgery.

IT IS BEST TO EAT SOFT FOODS

NUTRITION, EXERCISE, and SMOKING

1. It is essential to maintain an adequate diet after surgery.
2. Avoid hard, chewy or spicy foods. Citric acid (orange juice and grapefruit juice) may sting. Foods with small seeds should be avoided like bagels or kiwis.
3. Fluid intake is very important. Try to drink 4 glasses of fluid per day. This can help avoid a slight fever following the surgery.
4. Get plenty of rest and avoid strenuous activity, including but not limited to running, jogging, working-out, aerobics, rowing, and other activities that can raise your pulse for seven days after surgery.
5. Smoking is very detrimental to proper healing from surgery. Your best chance for success is to quit smoking. If you continue to smoke, you will significantly decrease your chance for a successful procedure, and healing in the surgical site will be significantly compromised.

Below are some foods which are nourishing and require little chewing:

- Soup/broth, pasta, soft rice, mashed potatoes, yogurt, pudding, Jello, eggs, milkshakes, protein powder drinks
- Warm or room temperature foods are recommended for the first day
- Avoid alcoholic beverages for the first few days
- Remember, you will always do better if you continue to eat a balanced diet
- Do not use a straw at any time in the first week

IF YOU CANNOT REACH YOUR DOCTOR AT (650) 270-6834, AND YOU HAVE A MEDICAL EMERGENCY, THEN PLEASE GO DIRECTLY TO YOUR NEAREST HOSPITAL EMERGENCY ROOM OR CALL 911.

AFTER SURGERY SUPPLEMENTAL NUTRITION AND CARE

The products on this page are available at most health food stores and pharmacies.

GENERALIZED HEALTHY POST-OP MEASURES

- Warm or room temperature foods are recommended for the first day
- Avoid alcoholic beverages for the first few days
- Remember, you will always do better if you continue to eat a balanced diet
- **Do not use a straw at any time**
- ****DO NOT SMOKE**
- ****Water:** Drink 1-2 quarts per day
- **** Non-fat yogurt:** 1-2 cups/day (a soft, good source of calcium, protein, and beneficial probiotics, especially important when taking antibiotics
- Limit caffeine intake to no more than 2 cups/day
- Limit alcohol intake
- Reduce sodium intake