



valley DENTAL health

Surgery Post-Op Instructions

Day of Surgery:

- Take all medications as directed on the instruction sheet prior to surgery
- Eat a light meal no less than two hours before surgery UNLESS you will be IV sedated.
- Patients receiving IV sedation should NOT EAT OR DRINK within 8 hours of the appointment.
- Do NOT drink grapefruit juice.
- Wear comfortable walking shoes (no high heels or platforms).
- If you are being sedated, you must be accompanied by an adult when leaving our office. You may not drive or operate heavy machinery.

Post Surgery Instructions:

Medications:

- If you were prescribed antibiotics or steroids, take them completely and according to the instructions on the prescription bottle.
- Take all pain medication as directed.
- Do not consume alcoholic beverages until the healing process is complete.

Your Dietary Needs:

- Do not consume hot liquids for 72 hours.
- Avoid solid foods until anesthetic has worn off to prevent biting your lip, cheek or tongue.
- Do not use a straw, smoke or make sucking actions. Suction can dislodge the clot.
- A nutritious diet is important to promote healing. For the first 4 days, select soft foods such as macaroni and cheese, applesauce, pudding, ice cream, oatmeal, mashed potatoes, etc. Avoid hard or crunchy foods such as nuts, popcorn or seeds that can get caught in the surgical site.
- For optimal healing, you may increase Vitamin C intake to a maximum of 2g per day.

instructions continue on next page

Post Surgery Instructions (continued):

Bleeding:

- The surgical site will be packed with gauze to slow and prevent bleeding. Pressure should be applied in 30 minute intervals until the bleeding is controlled.
- If bleeding is not controlled after 30 minutes, patients can try biting down on a moistened, unflavored, black tea bag (not decaffeinated tea) for 20 to 30 minutes every hour.
- **If profuse bleeding is still occurring after 3 to 4 hours, contact our office immediately.**
- Do not exercise for 48 hours. Strenuous activity can increase blood pressure and dislodge the blood clot.

Swelling:

- Swelling is a normal part of the healing process and can be expected to last several days.
- Apply ice packs at 15 minute intervals to reduce swelling the day of surgery.
- After 72 hours, light heat will relieve swelling.

Oral Hygiene:

- 24 hours after surgery, rinse mouth gently with a solution of 1/2 teaspoon salt dissolved in a large glass of warm water. Repeat rinse after meals for 7 days. Rinsing is important to remove food particles and debris and promote healing.
- Brush tongue with a dry tooth brush to reduce bacteria. Take caution not to touch the surgical site.
- Do not rinse forcefully as that can dislodge blood clots.

Notify the Doctor If:

- Profuse bleeding continues after 3 - 4 hours of applied pressure
- You are unable to maintain a nutritious diet after 48 hours.
- Pain or swelling increases after the 3rd day.
- The oral bandage or dressing becomes dislodged prior to the 3rd day.
- Your body temperature remains higher than 100 degrees F (taken orally) after the 3rd day.
- You experience any symptoms that indicate an allergic reaction such as:

Skin rash / Hives	Increased or erratic heart rate
Nausea / Vomiting	Elevated temperature
Dizziness	Blurred vision

**If you have any questions or concerns - big or small, contact our office:
410.666.1178**

For more information, please visit our website www.valleydentalhealth.com