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General Dentistry that is Cosmetic, for Children & Adults

AFTER SURGERY INSTRUCTIONS

You have just undergone a surgical procedure in the Lisle or Berkeley Dental Clinic.

We are concerned about your well being...

YOU SHOULD NOTIFY LISLE/BERKELEY DENTAL CLINIC IF:

1. If profuse bleeding continues after 3-4 hours of applied pressure.
2. If you have any symptoms which may indicate an allergy to the medications such as:
A. Skin rash B. Hives C. Elevated temperature
D. Increased and/or erratic heart rate E. Nausea or vomiting F. Dizziness or fainting
3. If the pain or swelling increases after 72 hours (3 days).
4. If the sutures (stitches) become loose or dislodged prior to 48 hours(third day).
5. If a surgical dressing that was placed becomes dislodged prior to 48 hours (third day).
6. If you are unable to eat a nutritious diet after 48 hours.
7. If wires or splints that were placed become dislodged or loose.
8. If your body temperature remains higher than 100 degrees Fahrenheit taken orally after the third day.
9. If you have ANY questions. We are here to support and help YOU!

YOUR HOME CARE INSTRUCTIONS

Bleeding

Place damp gauze that is folded or rolled up on the surgical site. Bite with light pressure on the damp gauze to slow and prevent more bleeding. Pressure should be maintained until the bleeding is controlled. Then pressure may be applied in 15-minute intervals until the bleeding is stopped. Replace the damp gauze if it becomes soaked in blood. Pressure will help the body clot the blood.

If bleeding persists without slowing, for several hours, apply a moist regular (i.e. Lipton) non-herbal tea bag wrapped in gauze at the surgical site. Then bite with light pressure on the gauze and tea bag to slow and prevent more bleeding. Pressure should be maintained until the bleeding is controlled. Then pressure may be applied in 15-minute intervals until the bleeding is stopped. The tannic acid in the tea will assist in controlling the bleeding.

If profuse bleeding is still occurring after 3-4 hours, and the above measures have been taken, contact the Lisle Dental Clinic immediately.

NO SUCTION, SPITTING OR RINSING FOR 3 DAYS AFTER SURGERY! THE ONLY EXCEPTION IS GENTLE RINSING WITH AN ORAL RINSE PRESCRIBED BY THE DOCTOR.

After 3 days you may gently rinse with warm salt water if you do not have high blood pressure or a sodium restricted diet. **DO NOT** use vigorous, mouth washing action. This action may dislodge the body's natural clotting process and reopen the area to bleeding.

DO NOT EXERCISE, use physical force, or enter stressful situations for the first 24 hours or until the medication and natural healing process allows. This will increase your heart rate and blood pressure. This also has an adverse action on the body's natural healing process.

DO NOT OPERATE HEAVY OR DANGEROUS EQUIPMENT for the first 24 hours or until the medication and natural healing process allow.

DO NOT SMOKE or use **ORAL TOBACCO** for **72 HOURS!** Tobacco and smoke will inhibit and slow healing.

ELEVATE YOUR HEAD when you lie down. Use 2-3 pillows. Use a towel on the pillow to avoid staining with blood that can come out while you are numb and asleep.

REST! You will need more rest and sleep while you are initially recovering from the surgery.

Swelling

Apply ice packs at 5-15-minute intervals for the first 72 hours (3 days) to reduce the swelling if there was no active infection. **DO NOT** apply the ice directly to the skin. Do not use the ice for more than 15 minutes at a time to avoid frostbite.

Apply **MOIST** (a heated wet towel or **WET** heating pad) heat if there was active infection.

After 72 hours (3 days) apply **MOIST** heat in any case to relieve swelling.

Swelling is a part of the healing process and can be considered normal for the first 3 days after surgery. The swelling can last two weeks. Usually the swelling starts to decrease 3-4 days after surgery. Contact the Lisle Dental Clinic if you have **ANY** questions. We are here to help you.

ORAL HYGIENE HOME CARE

WAIT until after the bleeding is stopped to brush or floss.

DO brush and floss your teeth. **DO NOT** brush or floss near the surgical site!

DO NOT rinse for 3 days after surgery. After brushing and flossing put water in your mouth, close your lips, move your head around, open your mouth and let the water fall out of your mouth.

USE THE PRESCRIBED MOUTH RINSE with gentle rinsing after the bleeding stops. It eliminates the plaque.

YOUR DIETARY NEEDS

DO NOT CHEW ANY FOODS until the numbness (local anesthetic) goes away. You have no feeling in the numb area, which may include the tongue, lip and cheeks. You may unknowingly **BITE YOURSELF!**

REMEMBER: NO SUCTION, SPITTING OR RINSING FOR 3 DAYS AFTER SURGERY! THE ONLY EXCEPTION IS GENTLE RINSING WITH AN ORAL RINSE PRESCRIBED BY THE DOCTOR.

This includes the use of straws to suck up liquids! Do not use straws for the first 3 days after surgery. You can suck the blood clot loose and start the bleeding again or cause a "dry socket" where there is no blood clot only bare exposed bone that will get infected.

You **MUST EAT REGULARLY AFTER SURGERY!** You must be careful not to chew near the surgical site for at least 4-6 weeks after surgery. Slow and deliberate chewing can help avoid accidental trauma to the surgical site. A nutritious diet throughout the healing stage is important to your healing, comfort and temperament. If you do not eat regularly you can become irritable and less tolerant of discomfort. Eating can prevent nausea that is sometimes associated with taking medication.

A LIQUID OR SOFT DIET is recommended for the first 3-4 days following surgery. Liquid meals (Nutriment, Ensure, Sego) are available from most major grocery stores. Foods such as milk, soups (no solid additives), broth, cooked cereals, baby food, scrambled eggs, cottage cheese and yogurt are a few suggestions.

Soft solid foods can be eaten after 3-4 days. This can include mashed potatoes, soups, well-cooked vegetables, stewed chicken and broiled fish.

ACIDIC FOODS should be avoided. This does include tomatoes, orange juice and citrus fruits.

NO ALCOHOLIC BEVERAGES should be used while you are using medication and until you are healed.

LIQUIDS

DO take liquids immediately and prior to taking any pain medication. This will help prevent nausea, an upset stomach and expedite the medication's effects.

DRINK PLENTY OF FLUIDS after the surgery to keep you hydrated. Dehydration can come from lack of drinking fluids. Dehydration contributes to many medical problems including elevated temperature.

VITAMIN THERAPY

Vitamin C (1500mg per day) use should begin 5 days prior to surgery. Continue to take Vitamin C for 6 weeks after surgery.

Multiple Vitamins with minerals in one tablet should be used once a day. This should start 5 days prior to surgery and continue for 6 weeks after surgery.

DRUG THERAPY (As allowed by your physician)

1. Antibiotics should be taken as prescribed. It is important to use the entire prescription unless you have an allergic reaction (see page one "When You Should Notify Lisle Dental Clinic If") or other problems, contact the Lisle Dental Clinic immediately! If you have nausea, vomiting or diarrhea while taking the antibiotic contact the Lisle Dental Clinic immediately. If the antibiotic is causing this kind of problem an alternative antibiotic may be necessary.

2. Analgesics (pain medication) should be taken as prescribed. "**Take as necessary for pain**" means to use the pain medication only when you have pain or discomfort.

A. **Ibuprofen 200mg tablets** should be used, if your physician allows you to use ibuprofen and you can reasonably tolerate ibuprofen. Ibuprofen is a nonsteroidal anti-inflammatory drug. It stops pain and the inflammation or swelling that can be the source of the pain.

1. Take **3 to 4 tablets (200mg each) 4 times a day** for the first **3-4 days** after surgery. Do not exceed 16 tablets (200 mg each) in 24 hours.

2. Take **1 to 4 tablets (200mg each) 4 times a day** for the first **14 days** after surgery **as necessary for pain. Do not exceed 16 tablets (200 mg each) in 24 hours.**

B. Over the counter non-prescription pain medication such as **acetaminophen** (i.e. Tylenol) and **aspirin** can be used for minor pain and discomfort according to the package instructions.

C. **Prescription pain medication** must be used as prescribed. Codeine type medications can cause nausea, vomiting, disorientation and other problems. Please read the drug information given to you by the Lisle Dental Clinic and the pharmacy. If you do not receive this written information contact our office to receive it.

3. Other prescribed medications should be taken as prescribed or recommended.

4. Other over the counter medications should be used as directed on the package instructions.

5. **DO NOT** give any of your medication to **ANY** other individual.
6. **DO NOT** leave your medication exposed or available to children or minors.
7. **DO NOT** exceed the prescribed or recommended dosage. Take only the medication as directed on the prescription.
8. Notify the Lisle Dental Clinic if you have any symptoms, which may be related to an allergic reaction.
9. Contact the Lisle Dental Clinic if you have **ANY** questions. We are here to help you.