

## **Implant and Oral Surgery Post Operative instructions**

### **First 24 hrs:**

If you have had IV sedation start with clear fluids to re-hydrate the body and then switch to a soft diet before taking pain medication.

#### **1. Diet**

Remain on soft or no chew diet for 2 weeks. Avoid putting any pressure on the surgical site. Examples of soft foods: soup, milk shakes, smoothies, oatmeal, pudding, pasta, mashed potatoes, etc. Avoid foods that are tough and/or crunchy and do not chew anything that you cannot mash with the back of a fork.

#### **2. Pain**

Take pain medication as needed per instruction on your prescription. Avoid taking pain medication on an empty stomach. Take Antibiotics as prescribed to help prevent infection. If you are having severe pain and a single dose of the prescribed pain medicine does not help, you may double the dosage. Also, taking Ibuprofen between doses of pain medicine can greatly help (if you are able to take Ibuprofen). Call the office if you have any questions. If you become nauseous because of the pain medications, we can call in anti-nausea medicine.

#### **3. Bleeding**

Bite on gauze approximately 1 hr following surgery. If bleeding persists, replace gauze and check again in 30 minutes. Repeat until bleeding stops.

#### **4. Oral Hygiene**

Brush your teeth as best you can and avoid surgical area for the first week. Avoid electric toothbrushes for the first 6 weeks. Mouth cleanliness is essential to good healing. Clean your mouth thoroughly after each meal beginning the day after surgery. Rinse with warm salt water ( $\frac{1}{2}$  tsp of salt in a cup of warm water) four to six times a day for the first seven to ten days.

**Remember:** A clean wound heals better and faster.

#### **5. Activity**

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment that may weaken you.

**Emergency Phone number 512-391-0011 (after hours extension 103)**