

**Bellflower Oral Facial Surgery & Dental Implant Center
(562)866-1111**

POST-OPERATIVE INSTRUCTIONS

1. **BLEEDING:** Bite down on gauze for at least 45 minutes before changing it. Although some oozing is normal, active bleeding should be controlled by placing folded gauze directly over the bleeding site and maintaining firm pressure. Do not spit because this disturbs the clot and causes bleeding. Gauze can usually be discontinued after 2-3 hours if bleeding has stopped.
2. **MEDICATIONS:** Please take all your medications as prescribed. Medications may have side effects, please call us if you have any questions or problems. Antibiotics may lessen the effectiveness of oral contraceptives during the cycle in which they are taken, additional contraceptive means should be considered.
3. **DIET:** Soft foods are usually better tolerated for the first few days. High fluid and calorie intake (juices, soup, milkshakes, etc.) are very important. Avoid temperature extremes and chewing while numbness persists.
4. **DISCOMFORT:** The maximum discomfort usually occurs during the first 12 hours and then generally will begin to subside. It is better to take the pain medication with some food or drink (milkshake, soup, etc.) to minimize stomach upset.
5. **SWELLING:** An ice bag (on ½ hour and off ½ hour) should be used for the first 24 hours after surgery. Swelling usually reaches a maximum on the second day after surgery and then subsides over the next several days. When resting, maintain a reclining position (at least 3 pillows) for the first 2 hours after surgery.
6. **ORAL HYGIENE:** Do not rinse your mouth vigorously until all bleeding has stopped. After the first day, use ¼ teaspoon of salt in 8 ounces of warm water. The teeth should be brushed and flossed as usual.
7. **SMOKING:** Do not smoke for several days following surgery.
8. **NUMBNESS:** Numbness in the lip, tongue, chin, teeth or cheeks usually lasts for several hours. Be careful not to bite yourself during this time.

9. **PRECAUTIONS:** If intravenous sedation has been administered, you should remain in a semi-reclining position, be assisted when walking and should not be left unattended. Someone should remain with you for at least 4 hours or until fully recovered from sedation. It can take up to 24 hours for the medications to wear off. You should not perform potentially hazardous tasks, such as driving a car, operating machinery, using stairs and having alcoholic beverages for at least 24 hours. It is also recommended that the same precautions be taken while on pain medications containing codeine or other narcotics preparations. Due to fasting prior to surgery, it is important to maintain a high fluid and caloric intake following anesthesia and surgery.

SINUS PRECAUTIONS

It is common for teeth in the upper jaw to develop in close proximity to the maxillary sinus. When the root(s) of a tooth extends into the sinus, a communication between the sinus and the mouth may occur as the tooth is removed.

Such a communication generally will heal. Uncontrollable factors such as the size of the communication and quality of the bone and gum tissue may complicate the healing process. It is absolutely necessary that the following directions be followed.

1. Do not blow your nose
2. Do not smoke
3. Do not use a straw
4. Do not play a wind instrument
5. Make sure your mouth is open when sneezing
6. Do not remove sutures or stitches

FOLLOW UP APPOINTMENT ON: _____