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General Post Operative Instructions

1. Increase your fluid intake following surgery and maintain a soft diet. If you have difficulty drinking fluids or swallowing, contact the office.
2. Do not wear your dentures unless otherwise told by your doctor. Pressure from the denture can cause the sutures to loosen and disturb the healing area (extraction sockets, bone grafts, implants, etc.)
3. **Do not pull on your lip to examine the surgical site.** The incision may open which can delay healing of the bone graft, plastic surgery, periodontal surgery, or implant.
4. It is best to not smoke cigarettes for at least two weeks after surgery. Smoking will delay healing and contribute to a greater risk of soft tissue graft, bone graft, dental implant, or periodontal surgery failure. Use the nicotine patch or other smoking cessation as directed if needed. You may also receive a prescription for Zyban (bupropion) to help prevent smoking. Ask the doctor or your primary care physician if you need anti-smoking medications.
5. Avoid rinsing vigorously or spitting until the sutures are removed.
6. Do not brush your teeth in the operated area until the sutures are removed (one to two weeks). Starting the day after surgery, you may gently brush your teeth in areas distant to the surgical site. Rinse your toothbrush under hot water to soften the bristles. Avoid vigorous rinsing. Gentle rinsing with Peridex, Listerine, or warm salt water will help to clean the treated area. To make the salt water, mix one teaspoon of salt with half of a glass of very warm tap water. Do not rinse the day of surgery, this may disturb blood clotting and cause bleeding.
7. Please limit your physical activity following surgery. You should be able to resume light activity in a day or two. **Avoid heavy lifting or strenuous activity for 1 week.** If you have, any questions ask Dr. Williams.

Sinus Lift Surgery

8. Avoid rinsing vigorously (ballooning your cheeks) or spitting until the sutures are removed
9. Do not blow your nose and sneeze with your mouth open if you have to. You may experience some bleeding from the nose. If you feel congested, the doctor may recommend an over the counter nasal spray such as Afrin or decongestant tablets. Do not use the nasal spray for more than 3 days.

Bleeding

Slight bleeding for a number of hours following surgery is not unusual. Your saliva may be tinged with blood for up to 48 hours. If heavy bleeding is, still present a few hours after surgery, moisten a washcloth or wrap a tea bag in moist gauze and place it over the area applying pressure for ½ hour. Repeat if

necessary. Holding small amounts of ice water in your mouth will usually stop any slight oozing. If there is excessive bleeding the day of or continual bleeding the day after surgery, call for instructions.

Pain

You will probably have pain in the area the day of and the day following surgery and possibly longer. Take your prescribed pain medication after surgery even if you do not feel pain. Take pain medication when you arrive at home and every 4-6 hours for the next 24 hours, then only as needed. The best protocol is to take 600mg of ibuprofen every 4 hours the first 24 hours. Tylenol can be added if your pain is not well controlled-500mg with the 600 ibuprofen. It is easier to prevent pain than to catch up and decrease it. Do not drive or operate machinery when taking narcotic medications such as Vicodin (hydrocodone), Percocet (oxycodone), or Tylenol #3. Limit your activity the first few days after surgery. Trying to do too much too fast increases swelling which increases pain.

Swelling

To minimize swelling, a cold pack should be intermittently applied to the face next to the operated area (use-crushed ice in zip-loc bags or a bag of frozen peas wrapped in a paper towel). Keep the cold pack on for 10 minutes, then off for 10 minutes. Repeat this sequence for 4-6 hours the day of surgery. Bed rest immediately after surgery with your head elevated by a pillow is also recommended. Swelling usually peaks 3 days after surgery and may persist for several days. There may be numbness associated with the swelling. Fair-skinned patients or those who bruise easily may anticipate some discoloration/bruising over the area. If the swelling is severe and/or you feel feverish, please call. It may be helpful to apply Vaseline to your lips to keep them moist.

Diet instructions following bone graft or implant surgery

Drink plenty of cool fluids after surgery such as water and fruit juice. Avoid carbonated beverages and very hot foods or drinks. A soft non-chewing diet is advised for up to 2 weeks after surgery to allow the gum tissue to heal. It is also advisable to avoid acidic foods such as tomatoes, peppers, or citrus foods and highly seasoned foods that may irritate the mouth. You may resume eating these foods in a few weeks after your sutures are removed.

After the sutures are removed from your mouth, it is still important not to disturb the area so that the bone graft or implant can fuse to the jawbone. Do not eat with your dentures in. We realize that you may occasionally be in social situations that you will want to wear your denture(s). If you occasionally need to eat a meal with the denture in place, choose a diet that is soft and does not require much chewing.

Patients that maintain a good diet of soft foods generally feel better, have less discomfort, and heal better. Chop foods into smaller pieces or use a blender to puree. A daily multi-vitamin, calcium supplements, and vitamin D are also recommended. Please make sure your vitamin D is at a 40-60ng/ml. Low vitamin D has been associated with a 300% increased chance of implant failure. Food supplements such as Ensure or Instant Breakfast may be helpful. Avoid foods that may cause trauma to the gums such as popcorn, chips, or nutshells.

Medications

Take all of the medications prescribed for you as directed. They have been given to you for important reasons. The only medication you do not need to take is the pain medicine. Take all medications with food unless prescribed otherwise. Have all prescriptions filled before surgery and take the medications prior to surgery as directed.

Telephone Numbers:

During Office Hours: (413) 442-7855

After Hours for Dr. Williams: (C) (413) 329-2670 Emergencies Only

