

OLIVER DENTAL IMPLANTOLOGY
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POST-OPERATIVE INSTRUCTIONS AFTER ORAL SURGERY

BITE FIRMLY on the gauze for 2-3 hours. Some “oozing” (blood mixed with mostly saliva) for up to 12 hours is normal. Replace saturated gauze every 15-20 minutes. If excessive bleeding persists longer than 6 hours, place a wet tea bag on the surgical site and bite down for an hour. Pressure stops bleeding and allows a blood clot to form.

USE COLD PACKS on your face today and tomorrow. After that, if you have bruising, use a heating pad or moist heat (warm damp washcloth). Some swelling is normal. Cold decreases swelling initially. After the first 24 hours, heat promotes healing and will help any discoloration from bruising to disappear.

TAKE ALL OF YOUR ANTIBIOTICS if you have been prescribed antibiotics (example: amoxicillin, cephalexin, clindamycin, tetracycline). Antibiotics fight bacterial infections.

TAKE PAIN MEDICINE BEFORE the numbness wears off. To avoid nausea, take it after eating 2 spoonfuls of soft food, like ice cream, applesauce or yogurt. Pain is best controlled before it has a good start. Pain medicine can take 30 minutes to an hour to start working.

NO SMOKING, NO CHEWING TOBACCO, NO SNUFF, NO DIPPING, NO NICOTINE GUM for 48 hours (minimum). Smoking and nicotine inhibits blood clotting which may lead to a “dry socket” and increased pain. The sockets must have a good blood clot in order to fill in with tissue and bone.

NO FORCEFUL SPITTING for 48 hours. If you feel you are drooling, place a towel under your head. Spitting causes excessive bleeding and can dislodge the blood clots.

NO ALCOHOL for 48 hours. No alcohol while taking pain medicine. Alcohol delays healing and, when taken with narcotics (pain medicine), can be lethal.

NO CARBONATED DRINKS for 48 hours, including Coke, 7-Up, club soda and anything bubbly. Carbonated drinks can increase bleeding.

NO SUCKING ON A STRAW for 48 hours. Do not close your lips and force air into your cheeks. Do not “cluck” your tongue on the roof of your mouth. Sucking creates a vacuum, dislodges the blood clot and can loosen sutures.

NO HARD CHEWING for several days. Eat soft foods WITH A SPOON (scrambled eggs, Instant Breakfast, soup, Jell-O, mashed potatoes, juice + protein powder, etc.) Chewing firm foods causes increased pain.

NO RINSING OR GARGLING on the day of surgery, then, rinse gently the day after surgery. You may have been given a prescription mouthwash, if not, you may rinse with ½ teaspoon salt in a glass of warm water. Salt kills bacteria and is soothing to tissue.

DO NOT TOUCH OR DISTURB THE SURGICAL AREAS FOR 24 HOURS. This includes your tongue, fingers, brushing, mouthwash, toothpick, snuff, chewing tobacco, aspirin, spoon, etc. If undisturbed, the blood clot properly builds the framework on which the new tissue forms. This new tissue fills in the extraction site. This process is good healing.

AFTER 24 HOURS, BRUSH THE GUMS OF THE SURGICAL SITE VERY GENTLY. Also you may brush the rest of your teeth. Brushing the gums of the surgical site stimulates blood flow and aids healing. You may begin to notice a grayish appearance to the tooth socket area. This is normal and indicates that the clot is healing.

REST, with head slightly elevated, today and tonight. Do very light, non-strenuous activities for the next 48 hours. Increasing the heart rate with exercise can lead to excessive bleeding.

BONY EDGES OR FRAGMENTS may appear during healing. These are not roots. They are annoying, but can usually be lifted out with tweezers at your follow up appointment.

**IT IS TO YOUR BENEFIT TO FOLLOW THESE INSTRUCTIONS CAREFULLY.
AS ALWAYS, CALL US IF YOU HAVE ANY QUESTIONS.
(AFTER HOURS, CALL 682-738-6335)**