

Post Surgery Instructions

HYGIENE

- No rinsing mouth for 24hours.
- After waiting 24hours you may rinse mouth with warm water and salt (1/2 teaspoon salt in 8 ounces of water).
- Light brushing with care taken in areas of incision.
- Irrigating syringes may be given at your 1-week post-op visit to keep extraction sites clean while healing.
- No spitting for 3 days.
- No smoking for 3 days.

After waiting 24 hours after your implant placement and/ or sinus lift procedures: You may clean area with hydrogen peroxide on a Q-tip 3 times per day.

BLEEDING

- Expect mild oozing/bleeding for the next 24 hours
- Continue to bite on gauze for 30 minutes after leaving the office.
- Change with new gauze until bleeding stops

--If bleeding becomes heavy call the office and/or listen for Dr. Zebovitz's cell number on our answering machine.

--No spitting or drinking through straws, avoid any drawing effect to the area for 3 days.

--If a sinus lift was performed it is not uncommon for some blood-tinged mucus to drain from nose for the first 24 hours. No nose blowing for 10 days - 2 weeks

PAIN

— Start pain medication as soon as possible after your procedure; don't wait until after the local anesthesia (numbness) wears off. **BE SURE TO EAT something SOFT and COLD to coat your stomach PRIOR TO TAKING YOUR MEDICATION!** (Ice cream, yogurt, smoothie or a milkshake) **THIS WILL REDUCE RISK OF NAUSEA!**

- Don't take the pain medicine on an empty stomach. It can make you nauseous.

-- SWELLING

— Swelling is normal following many surgical procedures such as removal of wisdom teeth. This swelling may be minimized by the immediate use of ice packs. The swelling should be the greatest the second or third day after surgery, and then slowly recede.

-- The more difficult the extractions the more swelling that will occur. The more ice you use, less swelling you will have. Less swelling. Less pain.

- Keep your head elevated with a pillow.
- If swelling begins to increase after this, it may be a sign of infection and we should be called.

DISCOLORATION

– Sometimes discoloration of the skin follows swelling (bruising) this is a normal postoperative occurrence. Apply moist heat to the area to aid in the removal of the discoloration.

DIET

- Soft diet for the next few days, for example: ice cream, yogurt, baked potato, mashed potato, scrambled eggs, oatmeal, pasta, etc.
- Avoid chewing directly over surgery site.
- Stay well hydrated

-- The quicker you get back to your normal diet the better you will feel

NAUSEA AND VOMITING

In the event you experience nausea and vomiting following your surgery:

- Post pone taking your medication (antibiotic and/or pain) while nausea or vomiting. Discontinue until you are able to keep solid foods down.
- Slowly sip on cold clear liquid - for example: sprite, 7-up, ginger ale
- Don't eat or drink anything hot
- Once you are able to keep liquids down you may begin trying more solid foods.

Medications

- Along with antibiotics and pain medicine, take all other medicines as prescribed.
Read directions carefully
 - Call if any reactions or rash occurs.
- **** Woman: Some antibiotics may interfere with the effectiveness of your birth control. Please check with your pharmacist.**

ACTIVITY

– Please limit your activities for at least 24 hours after surgery

-- Active sports and heavy workouts should be avoided for 3-4 days unless otherwise instructed.

FOLLOW-UP

– Please keep your scheduled follow up appointment. It is important that Dr. Zebovitz's sees you for a post op within a week of surgery and then he will recommend further post op visits.

EMERGENCIES

– If it is during our normal business day please call the office first. If it is after hours or the weekend please reach Dr. Zebovitz @ 301-908-1255. He is available 24 hours a day, 7 days a week.

HELPFUL INFORMATION AND POSSIBLE COMPLICATIONS

-- A dry socket is when you loose your blood clot from the extraction site and the bone becomes exposed. It usually presents itself 2-3 days after surgery. If you experience a sharp shooting pain that radiates to your ear and is very painful please call Dr. Zebovitz

-- You have sutures placed over the extraction site(s) to minimize bleeding. They will dissolve in 7-10 days (unless told otherwise) If one comes out a little earlier it is OK to just throw it away.

-- After the removal of wisdom teeth or multiple difficult extractions it is important to keep your fluids, protein and calorie intake up to keep yourself well hydrated. You may not feel up to eating the first couple of days so try supplementing a protein drink such as Boost into your diet.

-- You may also experience a sore throat and discomfort when swallowing; this is common and should subside in a few days.

-- Also after wisdom teeth removal, sinus lift or multiple extractions a slight elevation in temperature following the surgery is not uncommon. Tylenol or Ibuprofen should be taken to reduce fever. If your temperature continues please contact Dr. Zebovitz.

-- (Wisdom teeth) Stiffness (trismus) of your jaw muscles and or difficulty upon opening your mouth after surgery is a normal occurrence and should resolve each post operative day. If you have any concerns, please call Dr. Zebovitz

-- If you are having dentures placed immediately following surgery, leave them in your mouth for 48 hours. If you remove them too soon the tissue may swell and the denture will not fit properly.