

DRS. COLEMAN, COLEMAN & FORAN

ORAL & MAXILLOFACIAL SURGERY



POST-OPERATIVE INSTRUCTIONS FOR IMPLANTS & GRAFTING



The following instructions are intended to help you through the period following your surgery and to facilitate your healing process. **Some of the instructions may not be relevant to your particular case.** Please call **704-892-1198** with any questions. After hours paging is available for emergency situations.

UPON LEAVING OUR OFFICE: You will have gauze packs over your surgical sites, replace these every 45-60 minutes, or as needed, with fresh moistened gauze until bleeding stops or is minimal.

SWELLING: Swelling is typical and may increase for 2-3 days post-op. **Apply ice packs to areas of face over surgical sites as much as possible for the first 24-48 hours.**

DIET: Confine chewing to areas away from the surgical site, and maintain a soft diet for a period of time to allow adequate healing. You will be given instructions regarding this by your doctor.

ANTIBIOTICS: You will be given a prescription for an antibiotic to help prevent infection.

Today: follow the below instructions for your antibiotic.

After today: follow the written instructions on the bottle. Make sure to finish the entire course of antibiotics, unless instructed differently by our staff or the doctor.

Notes: Take one tablet before dinner and one before bedtime.

PAIN: Pain is expected the first 2-5 days with the peak typically about 2-3 days. Often times an over-the-counter pain reliever such as Aleve® is sufficient. **TO BEST MANAGE DISCOMFORT, PAIN MEDICATION SHOULD BE TAKEN PRIOR TO THE LOCAL ANESTHETIC WEARING OFF.** The prescription pain medication can cause nausea; this can be minimized if you precede each pill with a small amount of food.

If you find you are requiring more of the pain medicine than is indicated by the directions on the bottle, please call our office 704 892-1198. (Mon – Thurs 8-5 and Fri 8-1).

SUTURES: Sutures have been placed to close the surgical site(s). Resorbable sutures will dissolve in 5-7 days; non-resorbable sutures will be removed at your post-operative appointment.

ORAL HYGIENE & RINSES: Maintaining good oral hygiene after surgery is one of the most important things you can do for yourself. Brush gently and rinse as needed after each meal.

****Days 1&2:** Use 1/4 tsp. of salt dissolved in 8oz. of water. Gently rinse with portions of the solution, taking 5 minutes to use the entire glass. Repeat as often as you like, but at least 2-3 times daily.

****Day 3:** Begin using the syringe daily to gently clean site. Use the same saline solution. Peroxide-based mouth rinses such as Peroxyl (available in drugstores) work very well in keeping the surgical site(s) clean.

Please Note: NARCOTIC PAIN KILLERS CAN NO LONGER BE CALLED IN TO YOUR PHARMACY

(You must call during office hours to pick-up narcotic prescription refills)

Normal Office Hours: Mon-Thurs 8-5 and Fridays 8-1 704-892-1198