

# DRS. 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.**

**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 NOT BE PRESCRIBED OUTSIDE OF OFFICE HOURS**

**(You must call during office hours to request narcotic prescription refills)**

**Normal Office Hours: Mondays 8-3, Tues-Thurs 8-5, and Fridays 8-1      704-892-1198**