

ADVANCED DENTAL SERVICES OF JACKSONVILLE

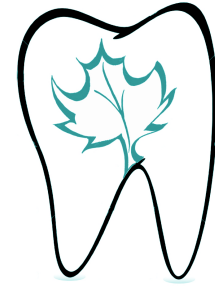
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Post-Op Instructions



Follow These Instructions Carefully to Ensure Successful Healing and Minimized Pain Following Dental Surgery

Following any surgical treatment, the last thing you want to worry about is a complication due to poor post-operative care. We find that post-op plans work best when they are woven into a patient's life in a way that helps you concentrate on healing. This guide will provide information regarding advice, treatments, and habits that will help you during the healing process. We hope you find it beneficial.

- 1) **Don't Touch!** Keep fingers and tongue away from the surgical area.
- 2) **Cool It!** Use ice packs on surgical area (side of face) for the first 12 hours. Apply ice 20 minutes on, 20 minutes off.
- 3) **Rinse!** We recommend that you use warm, salt water rinses 3 times/day for 3-5 days starting 24 hours after surgery.
- 4) **Still Hurts?** For mild discomfort, take tylenol and/or ibuprofen as directed every 4-6 hours.
- 5) **In Pain?** For more intense pain, please use the prescription medication for pain given to you.
- 6) **Hydrate Yourself.** Drink plenty of fluids – Gatorade, smoothie, and milkshakes are great! Do not use a straw for 7 days.
- 7) **Chew Gum.** If the muscles of the jaw become stiff, chewing gum at intervals will help relax the muscles. The use of warm, moist heat on the outside of your face beginning on the second day after surgery will further help with relaxation of the muscles.
- 8) **Eat Soft, Room Temperature/Cool Foods.** Diet may consist of soft foods, which can be easily chewed and swallowed. Soup, mashed potatoes, macaroni and cheese, and scrambled eggs are great – but not piping hot! No seeds, chips, nuts, rice, or popcorn! We also suggest you stay away from spicy foods initially.
- 9) **Blood?** A certain amount of bleeding can be expected following surgery. Bleeding is controlled by applying pressure to the surgical area for 45-90 minutes. When controlled, you may eat or drink. If bleeding persists, a moist tea bag should be held firmly on the area of bleeding for one hour straight.
- 10) **No Smoking, Please!** Do NOT smoke for at least 5 (preferably 7) days after surgery. It may be a good time to consider quitting.
- 11) **Drugs?** If you are on other medications, be sure to discuss this with your doctor or pharmacist to minimize adverse drug interactions. Please start taking a multi-vitamin, however, if you are not already doing so.



When To Call Us: It is normal to experience some discomfort for several days after surgery, but call us immediately if you experience: heavy or increased bleeding, pain or swelling that increases or continues beyond 5 days, or a reaction to the medication. For implant procedures, please call us if the implant gradually shows through the gums so we can check them. Remember that this is just a guide and recommendations, so feel free to call us at any time with questions or concerns that might arise. We will be more than happy to help. For more information, please visit our website.

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