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## Post-Operative Instructions for Osseous Surgery

1. DO NOT SPIT OR RINSE VIGOROUSLY THE WEEK FOLLOWING SURGERY OR DRINK THROUGH A STRAW.
2. DO NOT CHEW ON THE SIDE OF THE MOUTH THAT WAS JUST TREATED.
3. DO NOT BRUSH OR FLOSS IN THE SURGICAL AREA FOR 7 DAYS.
4. DO NOT PULL ON YOUR LIP OR HAVE SOMEONE ELSE TO LOOK AT THE SURGICAL AREA. THIS WILL NEGATIVELY AFFECT THE HEALING.
5. AVOID EXTREMELY HOT FOODS OR BEVERAGES, COLD FOODS SUCH AS ICE CREAM. OR SHAKES ARE OKAY AS LONG AS YOU USE A SPOON OR SIP THE BEVERAGE WITHOUT A STRAW.
6. NO CRUNCHY, HARD FOODS FOR THE FIRST WEEK AFTER SURGERY. (Such as pizza crust, chips, pretzels.) Softer foods, like chicken, pasta and fish are fine.
7. NO EXERCISE OR EXCESSIVE EXERTION OF ANY TYPE FOR 48 HOURS AFTER SURGERY.
8. In some cases, mild swelling may occur. Swelling is usually not indicative of infection. The greatest amount of swelling may occur **3 to 5 days after the surgery**. This may be kept to a minimum by holding ice on the outside of the face for the first 24 hours after surgery, **20 minutes on 10 minutes off**.
9. You can alternate between 600mg of Ibuprofen (Advil / Motrin) and 500mg of Tylenol as your primary pain medications. Please see pain control handout provided for further instructions. Continue taking medication only if necessary, to prevent discomfort.
10. If antibiotics are necessary, you will be given a prescription. Please **finish** all the antibiotics as prescribed.
11. NO SMOKING FOR ONE WEEK AFTER SURGERY.
12. AFTER 48 HOURS, YOU MAY BEGIN RINSING WITH WARM SALT WATER 2X A DAY FOR 30 SECONDS, RINSE GENTLY.
13. **BLEEDING**: Occasional blood stains in the saliva is to be expected. If bleeding continues – TAKE A COLD WET TEA BAG OR A MOIST GAUZE AND APPLY PRESSURE OVER THE AREA FOR 30 MINUTES. IF BLEEDING CONTINUES – CONTACT DR. GEORGEU.

*If you have any questions at all please do not hesitate to call us!*