

# Post-Operative and Home-Care Instructions

## ORAL SURGERY

1. Following oral surgery, you are likely to experience discomfort as the local anesthetic wears off. Please take the pain relief medication as prescribed.
2. Immediately following your operation, you should apply an ice pack to the surgical side of your face at 10 minute intervals for the first 24-36 hours but not more than 48 hours. An ice pack and extra gauze packs will be provided at the end of your surgery to get you started.
3. After the first 36 hours, do not an ice pack any longer and instead switch to applying a hot pack (as hot as you can tolerate without burning your skin), to the surgical side of the face at 10 minutes increments for the next 24-48 hours.
4. **Abstaining from smoking for at least 6 weeks following surgery will dramatically improve healing, post operative convalescence and improve your surgical result. Smoking exerts profound negative effects on graft and surgical field survivability!**
5. Please limit yourself to a soft diet initially and avoid hot foods. As healing progresses, you may then eat any non irritating foods.
6. For a few hours after you leave the office, you may notice that your saliva is slightly pink in color. **This is normal.** Should significant bleeding occur:
  - **Do not rinse your mouth**
  - Apply pressure at the site with a moist gauze
  - Apply an ice pack
  - Limit activity. Excessive exertion of any type is to be avoided.
7. **The day of surgery please avoid:**
  - Smoking
  - Sucking on the area (negative pressure)
  - Excessively hot drinks (room temperature)
  - Alcohol for at least 24 hours
  - Do **not** use a straw (suction) as this may stimulate bleeding.
8. The periodontal / wound dressing, if placed, should not be disturbed. If the dressing falls off after the first 24 hours this is not a cause for concern. Simply continue with the post operative protocol as recommended.
9. Graft and/or Implant, if placed, and extraction/surgical area should not be disturbed. If the graft/implant/donor site/receipient site/extraction wound becomes exposed at any time during the healing period, should be brought to the attention of the doctor immediately. Keep the area as clean as possible and simply continue with the post operative protocol as recommended until you are seen for observation.
10. If a sinus lift was done, then DO NOT blow your nose or sneeze with your mouth closed, submerging your nose and ears under water or position your head below your chest level for the next 2 weeks as that may create a significant enough pressure to rupture the healing sinus membrane, displace the graft, open up the surgical site and possibly causing pain, infection, bleeding, and swelling.
11. **Do not brush or disturb the surgical sites until the sutures are removed.** You can continue to gently brush and floss everywhere else but the surgical site. The roots of the teeth were uncovered during surgery so use an OTC hydrogen peroxide or Chlorhexidine (CHX) soaked cotton tip applicator to gently swab the area. You may experience temporary sensitivity to hot and cold, to tooth brushing and to certain foods. Should these symptoms develop, please notify our office so that and a desensitizing treatment can be arranged and/or desensitizing medications prescribed. Once the sutures are removed, it is essential to keep the surgical site clean. Bacterial plaque if allowed to remain on your teeth and gums will increase your sensitivity and the risk of developing infection. Failure to adhere to the recommended oral hygiene regime may cause your sensitivity to worsen rather than improve.
12. If a Chlorhexidine (CHX) rinse (Peridex®) has been prescribed, rinse or swab the surgical site 3 times daily in the morning, midday and evening for 6 weeks following surgery.
13. The teeth in the area of the surgery may seem looser initially. Once complete healing is achieved, mobility should return to pre-surgical levels. Try to ignore the feeling of looseness and avoid developing the habit of moving the loose teeth with your tongue, fingers or gritting or grinding your teeth. It is possible to cause further loosening of your teeth with such habits.
14. The roots of your teeth may have been uncovered during surgery. You may experience temporary sensitivity to hot and cold, to tooth brushing and to certain foods. Should these symptoms develop, please notify our office so that a desensitizing treatment can be arranged and/or desensitizing medications prescribed. Once the sutures are removed, it is essential to keep the exposed root areas absolutely clean. Bacterial plaque if

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allowed to remain on your teeth and gums will increase your sensitivity and risk the development of infection. Failure to adhere to the recommended oral hygiene regime may cause your sensitivity to worsen, rather than improve.

15. Exercise places a strain on our body. To foster optimum healing, avoid all exercise for the first 2 weeks following surgery. Thereafter, strenuous exercise ideally should be avoided for 6 weeks following surgery.
16. Please take the prescribed medications as directed. Do not skip a dose. If you skipped a dose, catch up as soon as you realize you did. It is extremely important to ensure proper healing and your comfort to take the medications as directed.

**\*\*PATIENTS ARE ADVISED NOT TO OPERATE A MOTOR VEHICLE OR MACHINERY FOR 24 HOURS FOLLOWING ANY PROCEDURE WHERE SEDATION HAS BEEN EMPLOYED\*\***

Should any issues or concerns arise, please call the office. **Irrespective of the hour, do not hesitate to contact Dr. Singh and advise him of your concern. After hours you may contact Dr. Singh at:**

**Text Dr. Singh at [\(516\) 724-0654](tel:5167240654) : Office at [\(516\) 921-8010](tel:5169218010)**

**Email Dr. Singh at [drpankajsingh@me.com](mailto:drpankajsingh@me.com)**

### **Pain Medications**

Some measure of discomfort is to be anticipated for at least the first week following surgery. Dr. Singh will prescribe appropriate medication to ease your post-surgical recovery period. **Please take the medication prescribed as directed.** It is best not to take pain medication with food. Nausea may develop if pain medication is taken on an empty stomach.

**Note:** When taking any prescribed medication containing acetaminophen (i.e. Tylenol, Tylenol with Codeine or Percocet), do not take additional Tylenol because of the risk of exceeding safe levels. Please contact the office should you have any questions.

### **Antibiotics**

If an antibiotic has been prescribed, remember to take the antibiotic as directed until completed. Please alert the office should you develop sensitivity. It is generally recommended not to take antibiotics on an empty stomach, as nausea may develop. If antibiotics are prescribed for your planned surgery, please consult with the office regarding the timing of taking the antibiotics and other prescribed medications.

For women currently taking birth control pills, be advised that antibiotics can interfere with the effectiveness of oral contraceptive medication. It is recommended that you consider other contraceptive options for the following month.

### **Swelling**

Swelling represents a normal physiologic response following any surgical procedure and will typically increase for 2-3 days following the procedure. To minimize swelling, an ice pack will be provided at the completion of your surgical procedure. Place the ice pack over the outside surgical cheek area 10 minutes on and 10 minutes off. Continue applying ice packs for the first 1-2 days maximum following the procedure as regularly as possible. When resting or at bedtime, it is helpful to keep your head elevated with the use of 2-3 pillows to help reduce potential swelling.

### **Bleeding**

A small amount of bleeding is entirely normal following surgery. To minimize bleeding;

– **Do not rinse your mouth.**

– Keep your head elevated when lying down (2-3 pillows).

– Should bleeding persist, apply moistened gauze or a moistened tea bag to the surgical site with constant moderate pressure for 30 minutes.

– Don't hesitate to call the office should any concerns develop. After hours, text Dr. Singh's emergency number or emergency email address should bleeding issues or other concerns arise.

### **Dressing – Periodontal / Wound Dressing**

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In certain instances, a periodontal / wound dressing may be placed to better control the position of the gum tissue to optimize your surgical result. In addition, the *dressing* can act as a *bandage* to protect the surgical site in the hours immediately following surgery. Beyond the first 24 hours following surgery, should the *dressing*-periodontal / wound dressing fall off, this is not a cause for concern. Simply continue with the postoperative protocol as recommended.

### Diet – Nutrition

Until comfortable, try to limit chewing on the side where surgery was performed. Should a periodontal / wound dressing be used, avoid hot foods and liquids for approximately 1 hour following surgery to not soften the *dressing*. A soft diet is recommended initially.

There exists irrefutable evidence that smoking will negatively impact healing following oral surgery. Smoking results in slower rates of healing, increased pain and increased risk of infection. The effect of smoking negatively impacts on healing and has been shown to compromise the surgical result. Smoking should be avoided especially during the critical 6 weeks following surgery.

### Alcohol

Do **not** consume alcohol while taking prescription pain medications. Alcohol has a prejudicial effect on our healing response. It is recommended to refrain from the consumption of alcohol for the first two weeks following surgery.

### Rinsing

A chlorhexidine mouth rinse (Peridex®) will be prescribed to reduce oral bacteria levels and the risk infection. Rinse for a full 3 minutes pre operatively. Immediately following surgery, to reduce the potential for bleeding from the surgical site, **avoid rinsing**. Instead, simply swab the surgical site 3 times daily in the morning, midday and evening. Dr. Singh will advise when it would be appropriate to discontinue the use of the chlorhexidine mouth rinse.

### Brushing

Do not brush the surgical site until the sutures have been removed or alternatively, only when instructed by Dr. Singh. We encourage you to continue normal brushing and flossing in other areas following surgery. Remember, a clean mouth will heal more rapidly, with reduced pain and achieve an improved surgical treatment result.

### Sensitivity and Suture Removal

You may notice a slight increase in sensitivity in the tissues surrounding the sutures approximately 10 days following surgery. As the tissues heal, a process called *wound contraction* occurs causing the tissues to pull against the sutures. This is entirely normal and not a cause for concern. It is advisable that you take ibuprofen (Motrin® or Advil®) or acetaminophen (Tylenol®) one hour prior to your suture removal appointment to minimize tenderness. **If you are a patient for whom Antibiotic Pre-Medication is required, take the prescribed antibiotics 1 hour prior to your suture removal appointment.**

Given the specifics of each surgery coupled with a patient's unique response, feel free to discuss any element of these Post Operative Instructions directly with Dr. Singh.

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