

POST-OPERATIVE INSTRUCTIONS EXTRACTIONS and OSSEOUS SURGERY

PRE-OPERATIVE:

- Avoid alcoholic beverages.
- Minimize or avoid smoking.
- Avoid aspirin seven days prior to and after surgery.
- Avoid blood thinning agents such as warfarin, Coumadin, or Plavix if instructed by your physician
- If you are taking other medications, take them as usual unless otherwise directed.

DAY OF SURGERY:

- If taking a sedative you **must** have a driver.
- **Eat a good breakfast or lunch before surgery.**
- Surgeries can take less or more time than scheduled, please be flexible with your schedule and allow for changes that day.

POST-OPERATIVE:

- Place a covered ice pack on the outside of your face using fifteen minute intervals for 48 hours after the surgery.
- Rest for the remainder of the day keeping your head elevated up to 72 hours.
- Swelling and bruising are a normal part of the healing phase. Typically, most of the swelling and bruising occurs on the third day after your procedure. Warm moist heat is advised to help eliminate the bruising on the third and fourth day after your procedure.
- If you have a nightguard, wear it as usual.
- **Avoid smoking.**
- Avoid strenuous activity for 72 hours.

BLEEDING:

- Slight bleeding is expected. If you notice excessive bleeding, use a moist gauze or black teabag over the surgical area and lightly bite down for a minimum of fifteen minutes.
- Do not rinse your mouth, spit, or use a straw for 24 hours.

MEDICATION:

- If prescribed, do not take the prescribed pain reliever while driving or working and avoid alcohol.
- Continue to take 600mg of Ibuprofen every six hours for three days. This medication can be used in conjunction with your Vicodin (if prescribed).
- If you are given an antibiotic, take as directed **until gone**. Female patients taking oral contraceptives should be aware that antibiotics may reduce the efficiency of these medications.
- If you have any reaction to medication, please discontinue and call the office immediately.

ORAL HYGIENE:

- Do not disturb the suture with your tongue, toothbrush, or in any other manner since this could impair healing.
- Begin using the prescribed mouthwash Peridex 24hrs after the procedure. It is to be used twice daily; after breakfast and before bedtime.
- Warm salt water rinses (1/4 teaspoon per 8 ounce glass) may be used 24 hours after surgery. Swish gently. Doing warm salt water rinsing after meals will help keep the surgical area clean and is very soothing.

DIET: For your comfort and to protect the surgical area, a soft diet is recommended. Avoid chewing in the area of the surgery and have nothing hot for 24 hours. Hard, fibrous or "sharp" foods (such as corn chips) should also be avoided. It is important to maintain a diet with an adequate calorie level that is high in nutrients to support postoperative healing. Remember to drink plenty of non-caffeinated fluids.

*******ALCOHOL AND SMOKING WILL IMPAIR HEALING*******

Please call if you have questions or concerns: (206) 244-1410
After hours for Dr. Farhat (206)353-1333