



Post-Operative Instructional Guide

For the Following Treatments:
Bone Grafting, Dental Implants, Immediate Dentures,
Sinus Elevation and Tooth Extractions

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Introduction



Dr. Wyley Wondercheck and Dr. Kelsey Peterson would like to thank you for choosing Day One Dentistry for your tooth replacement needs!

Our highly trained and attentive staff are committed to providing you with the highest quality patient care and a stress-free period of recovery. Our goal is to make you as comfortable as possible throughout the entire tooth replacement process.

If you have any questions, please contact our office and ask away! We are all here as a team to serve you from start to finish. More often than not, a single explanation can resolve the situation and free you of worry.



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Home Care Instruction

You may expect some natural swelling for several weeks after surgery. Individuals with fair skin or who bruise easily may anticipate some discoloration in the area surrounding the surgical procedure(s).

Bleeding

- ✓ To slow and prevent bleeding, bite with light pressure on the gauze pack over the surgical area. Pressure will assist in the body's natural blood clotting process. This pressure should be applied in 15 minute intervals and repeated until the bleeding is controlled.
- ✓ If the bleeding persists without slowing for several hours, apply a moist tea bag wrapped in gauze. The tannic acid in the tea will assist in controlling the bleeding.
- ✓ After 24 hours, gently rinse with warm salt water.
- ✗ **DO NOT** use vigorous mouth washing action. This action may dislodge the body's natural clotting process and re-open the area to bleeding.
- ✗ **DO NOT** exercise, use physical force, or enter stressful situations for the first 72 hours or until the medication and natural healing process allows. This will increase your heart rate and thereby blood pressure.
- ✗ **DO NOT** operate heavy or hazardous equipment for the first 24 hours or until the medication and natural healing process allows.

Immediately notify our office if:

- ⚠ Profuse bleeding has not subsided after 3-4 hours.

Antibiotics *(Prescriptions may vary)*

- ✓ Take all antibiotics as prescribed by your doctor.
- ✓ Continue taking all antibiotics through completion.

Liquids

- ✓ Liquids should be taken in prior to and immediately after taking pain medication. This will help prevent nausea, an upset stomach and expedite the effects from the medication.

Swelling

- ✓ Apply ice packs at 15 minute intervals to reduce the swelling.
- ✓ Apply heat after 72 hours to relieve swelling.
- ✓ Swelling is a natural part of the healing process. Depending on the nature and extent of the surgery, swelling can be expected for 3-5 days up to several weeks.

Vitamin C Therapy *(1500mg per day)*

- ✓ 500mg three times daily, or use time release pills.

Your Dietary Needs

- ✗ **DO NOT** try to eat solid foods until the local anesthetic wears off. You will have no feeling in the surrounding area, including your tongue, and may unknowingly bite yourself, causing mild to severe damage.
- ✗ **DO NOT** take in liquids through a straw for at least two weeks following the surgical procedure(s).

Eating After Surgery

A well balanced and nutritious diet throughout the healing process is essential to a speedy recovery. Frequent meals may be easier to tolerate following surgery, and the consistency of your diet will vary. Avoid an empty stomach to lessen discomfort or irritability, and have a light meal or snack with medication.

- ✓ On the initial day of surgery; begin with clear fluids slowly progressing to more substantial foods.
- ✓ When able to progress to more substantial foods, introduce milk, cooked cereals, scrambled eggs, cottage cheese and toast.
- ✓ Supplement when soft foods are not taken in with Nutriment, Ensure, Sego and/or yogurt, or another meal replacement of choice.

Recommended Food

- ✓ Soups (*Hearty / Creamy, Minestrone, Split Pea*)
- ✓ Juices (*Cranberry, Apple, Grape*)
- ✓ Herbal Tea
- ✓ Jell-O
- ✓ Yogurt (*Soft or Frozen*)
- ✓ Pudding / Custard
- ✓ Soft Fruits (*Banana, Canned Peaches, Pears, etc.*)
- ✓ Applesauce
- ✓ Popsicles
- ✓ Ice Cream and Milkshakes
- ✓ Fresh Cooked Vegetables
- ✓ Fruit Smoothies / Protein Shakes
- ✓ Oatmeal / Cream of Wheat
- ✓ Eggs (*Scrambled, Soft Boiled, Egg Salad*)
- ✓ Mashed Potatoes
- ✓ Rice / Risotto
- ✓ Tofu
- ✓ Pasta (*Plain or With Sauce*)
- ✓ Fish (*Soft White Fish, Sole, Trout*)
- ✓ Avocado

Please AVOID the following foods following surgery:

- ✗ All Spicy Foods
- ✗ Steak, Poultry, Deli Meats (Anything Difficult to Chew)
- ✗ Popcorn, Pretzels, Potato Chips
- ✗ Hard and Soft Candy
- ✗ Crusty Breads, Bagels, Cookies
- ✗ Alcoholic Beverages
- ✗ Acidic Beverages / Citrus Juices

Post-Operative Medication

- ✓ If an antibiotic is prescribed during treatment, you should take the medication exactly as directed on the prescription to completion.
- ✗ **DO NOT** consume alcoholic beverages until the healing process is complete and while you are under medication.
- ✗ **DO NOT** exceed the prescribed and recommended dosage. Take only the medication as directed on the prescription.
- ✗ **DO NOT** give out any of your medication to ANY other individual.
- ✗ **DO NOT** leave your medication exposed and available to children.

Post-Operative Instructions

The following is a list of general instructions following surgery. A more complete set of instructions specific to the procedure(s) performed for you will be provided.

These general instructions are designed to minimize your post operative discomfort and inform you of situations which can and may arise.

- ✓ Rinse, only lightly, for at least 48 hours.
- ✗ **DO NOT** rinse aggressively for seven days following a bone graft surgery.
- ✗ **DO NOT** over exercise. Your heart rate will increase and thus bleeding will increase.

Remember P-I-E-R

Pressure: Light pressure on the area if bleeding.

Ice: Cold compresses on the area.















Elevation: Elevate your head whenever you lie down.

Rest: Get plenty of rest!

**DO NOT SMOKE OR USE
SPIT TOBACCO FOR 72 HOURS!**

When Should You Notify a Doctor?

Please do not hesitate to contact our office with any questions or concerns you have as you recover.

-  If profuse bleeding continues after 3-4 hours of applied pressure. Refer to page 3 of this booklet.
-  If you are unable to maintain a nutritious diet after 48 hours. Refer to page 5 of this booklet.
-  If the pain or swelling increases after the third day.
-  If an oral bandage or dressing that was placed becomes dislodged prior to the third day.
-  If you have any symptoms which may indicate a reaction or allergy to the medications such as:
 -  Skin Rash / Itching
 -  Hives
 -  Elevated Temperature
 -  Increased and/or Erratic Heart Rate
 -  Nausea / Vomiting
 -  Dizziness / Fainting
 -  Blurred Vision
-  If wires or splints were placed and become dislodged or loose. (if applicable)
-  If your body temperature is higher than 100°F after the third day.

IMPORTANT – PLEASE READ!

The instructions provided on the following pages are IN ADDITION to the general instructions that were previously explained.

If there is any duplicated information, please note that the instructions given on the following pages supersede all others.

Tooth Extraction

- ✓ Bite with light pressure on the gauze pack placed over the surgical site.
- ✓ Take all medications that were prescribed.
- ✓ Rinse with 50% diluted mouthwash and cold water every hour on the first day.
- ✓ Eat a soft protein diet.
- ✓ Swelling is to be expected.

- ✗ **DO NOT** take in liquids through a straw for at least two weeks following the surgical procedure(s).
- ✗ **DO NOT** smoke or use spit tobacco for two weeks following surgery.
- ✗ **DO NOT** rinse or spit aggressively for 48 hours.

Immediately notify our office if:

- ⚠ Bleeding has not subsided in three days.
- ⚠ Pain increases after several days.
- ⚠ Medication does not relieve your discomfort.
- ⚠ Numbness persists after initial day of surgery.

Bone Grafting

- ✓ Use the mouth rinse as directed, 2-3 times a day.
- ✓ Take all medication prescribed.
- ✓ Expect to find small granules (the consistency of sand) in your mouth for the first 2-3 days.
- ✓ Swelling is to be expected; the worst is generally 48-72 hours post-operation.
- ✓ Contact our office in 5-7 days if stitches do not fall out on their own.
- ✓ Brush your teeth, avoiding the surgical site.
- ✓ Eat a soft diet. Please refer to page 6 of this booklet.
- ✓ Sensitivity to cold on the natural teeth can occur and should disappear gradually with time.
- ✓ Bruising may occur.

- ✗ **DO NOT** touch the area with your finger, tongue or any foreign objects.
- ✗ **DO NOT** lift your lip to look at the surgery site.
- ✗ **DO NOT** rinse or spit aggressively for 2 weeks.
- ✗ **DO NOT** take in liquids through a straw for at least two weeks following the surgical procedure(s).
- ✗ **DO NOT** smoke or use spit tobacco for two weeks following surgery.

Immediately notify our office if:

- ⚠ Stitches fall out within the first three days.
- ⚠ A bandage should loosen within the first three days.
- ⚠ A large amount of granules are loose from the surgical site.
- ⚠ The medication prescribed does not relieve your discomfort.

Dental Implants

- ✓ Use the mouth rinse as directed, 2-3 times a day.
- ✓ Take all medication prescribed to you.
- ✓ Swelling is to be expected; the absolute worst is generally 48-72 hours post-operation.
- ✓ Brush your teeth, avoiding the surgical site.
- ✓ Eat a soft diet. Please refer to page 6 of this booklet.
- ✓ Bruising may occur.
- ✓ Contact our office in 5-7 days if stitches do not fall out on their own.

- ✗ **DO NOT** touch the area with your finger, tongue or any foreign objects.
- ✗ **DO NOT** lift your lip to look at the surgery site.
- ✗ **DO NOT** chew on the surgical side for 5-7 days.
- ✗ **DO NOT** be alarmed if stitches fall out in the first 24 hours.
- ✗ **DO NOT** be alarmed if your natural teeth become sensitive to cold. This should disappear gradually over time.

Immediately notify our office if:

- ⚠ Numbness persists after the initial day of surgery.
- ⚠ Bleeding has not subsided in three days.
- ⚠ The temporary teeth, partial or flipper become loose or fracture.
- ⚠ Pain increases after several days.
- ⚠ The implant becomes loose.

Immediate Dentures

- ✓ Leave dentures in-place until next appointment.
- ✓ Take all medications that were prescribed.
- ✓ Rinse with 50% diluted mouthwash and cold water every hour on the first day.
- ✓ Brush the dentures while in mouth with a soft toothbrush.
- ✓ Eat a soft protein diet.
- ✓ Swelling is to be expected.

- ✗ **DO NOT** use adhesives until next appointment.
- ✗ **DO NOT** take in liquids through a straw for at least two weeks following the surgical procedure(s).
- ✗ **DO NOT** smoke or use spit tobacco.

Immediately notify our office if:

- ⚠ Medication does not relieve discomfort.
- ⚠ Bleeding has not decreased after three days.
- ⚠ Numbness persists after the initial day of surgery.

Please expect the following:

- ✓ Sore spots that will need adjustments.
- ✓ Dentures will occasionally become loose.
- ✓ Normal soft tissue healing will take up to six months.
- ✓ Most dentures will need to be relined after six months. The relining fee is **NOT** included in the price of the immediate dentures.

Sinus Elevation

- ✓ Take all medications that were prescribed to you, including the use of nasal spray.
- ✓ Expect to find small granules (the consistency of sand) in your mouth for the first 2-3 days. This is not uncommon.
- ✓ Sneeze with your mouth OPEN to avoid any unnecessary pressure in the sinus area.

- ✗ **DO NOT** blow your nose, or "sniff" for two weeks following surgery.
- ✗ **DO NOT** go swimming or sit in a hot tub for two weeks following surgery.
- ✗ **DO NOT** smoke or use spit tobacco for two weeks following surgery.
- ✗ **DO NOT** take in liquids through a straw for at least two weeks following the surgical procedure(s).
- ✗ **DO NOT** lift or pull on lip to look at stitches.

Immediately notify our office if:

- ⚠ You feel granules (the consistency of sand) in your nose / sinuses.
- ⚠ Your medications do not relieve your discomfort.



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