



RAS Post-Operative Instructions

- 1. MEDICATIONS/PRESCRIPTIONS:** At the Pre-Operative appointment, you should have been given prescriptions for pain medication, antibiotics and anti-nausea medication (in case you get an upset stomach from the anesthesia). Get those prescriptions filled at your pharmacy and have them readily available for the day of surgery. A certain amount of pain or discomfort is not uncommon following your surgery. Please take your prescriptions as directed. Pain medication should be taken as instructed on the bottle. It is important to take your pain medication prior to discomfort. The local anesthesia usually wears off in 1-4 hours following your surgery. It may also help to eat/drink at least a small amount prior to taking any medication. Not eating could cause nausea/vomiting. No driving or participating in activities requiring mental alertness when taking narcotic pain medication. Start your antibiotics as soon as you get home (after eating something) and take them until gone. If you should develop a rash, itching, difficulty breathing or swelling not related to surgery, stop taking all medications and contact our office immediately.
- 2. BLEEDING:** A certain amount of bleeding is to be expected following your surgery. Blood tinted saliva/oozing may be seen for 24-48 hours after your surgery. Rest with your head elevated on 2 or more pillows or in a semi-reclined position for 1-2 days after surgery.
- 3. SWELLING:** Some swelling after surgery is normal. It takes 3 days for surgical swelling to reach a peak before it begins to subside. Ice packs are used to reduce swelling. These may be used for the first 24-48 hours after surgery. Apply the packs for 30 minutes, leave off for 30 minutes and repeat this cycle.
- 4. BRUISING:** Bruising may be present in varying degrees. The bruising may change colors and usually subsides over a period of 5-10 days.
- 5. ORAL HYGIENE:** Do not rinse your mouth the first day of surgery. This will disrupt the clotting process and may delay healing. GENTLY rinse with warm salt water on the second day following your surgery (1/2 teaspoon of salt to a glass of warm water). You will want to do this 4 or 5 times a day for at least 4 weeks (1 month). If you were prescribed a mouth rinse by the surgeon, use it as directed. Keep your tongue away from the area. Do not put fingers or toothpicks or other matter into your mouth that could cause infection.

****You may start to use the required water pik on the LOWEST SETTING (1) month after your surgery****



6. **SMOKING:** Patients are advised not to smoke for at least (1) week following the surgery. Smoking contaminates the wound and increases the chance of post-operative complications such as infections, prolonged pain and delayed healing.
 7. **ACTIVITY:** Go home and get some rest. Keep your activities minimal during the healing process. Don't do anything that will increase your heart rate for about 5-7 days following your surgery.
 8. **DIET: NO DAIRY OR SOY FOR 1-2 DAYS AFTER YOUR SURGERY** (It can upset your stomach due to anesthesia and it promotes growth of bacteria in the surgical areas). No straws for (1) week. It is important to maintain a healthy diet. Here are a few recommendations: **SOFT FOODS ONLY FOR (6) MONTHS – VERY IMPORTANT**
 - Mashed potatoes
 - Pasta (chicken noodle soup, Ramen noodles)
 - Oatmeal
 - Cooked vegetables
 - Eggs (soft boiled, scrambled or poached)
 - Fish
 - Applesauce/Jell-O
- **Anything you can cut easily with a fork is a good rule to follow****
- A soft diet is crucial to the success of your implants and prosthesis-you will follow this until your secondary prosthesis is placed. **IF YOU CAN HEAR IT CRUNCH-DON'T EAT IT!**
- Do not tear food with your new teeth while healing. Cut food into bite size pieces.
 - **FOODS TO AVOID:** Grilled cheese sandwiches, steak, nuts, raw vegetables, hard bread (such as bagels)
 - Additional food suggestions provided
9. **FOLLOW-UP APPOINTMENTS:** The surgeon will see you within one week of your surgery to check for swelling, oozing and the bite. You will need to see your General Dentist within that same week following your surgery so he/she can check your bite, if teeth are not hitting or the tightness of the prosthesis. You will need to see the oral surgeon for regular follow-up appointments as directed until the implants are tested for tightness (about 3-6 months following your surgery). You will need to see your General Dentist as well for regular follow-up appointments.
 10. **UNUSUAL COMPLICATIONS:** If you experience extreme swelling, excessive bleeding, a temperature over 101 degrees or discomfort, call the office for instructions.

IN CASE OF AN EMERGENCY AFTER HOURS: Call: 828-255-7781

