

# *Lexington Dental Care*

## *Post-visit instructions*

### **BLEEDING:**

Small amounts of blood in the saliva can make your saliva appear quitted. This is normal and may be noticed the rest of the day after the procedure.

### **SMOKING:**

Smoking should be stopped following surgery. Healing and success of the treatment will be substantially reduced by the cigarette smoking and chemicals in your body.

### **PAIN:**

Some discomfort is normal after surgery. To minimize pain, take Ibuprofen every 4-6 hours until bedtime to maintain comfort. If this does not control the pain, you may add 2 Tylenol, (regular strength} 1 hour after taking the Ibuprofen. You may continue to alternate the Tylenol and Ibuprofen in order to manage the pain but never take them together at the same time. Take it before the anesthesia wears off. If prescription medication is prescribed, take it as instructed on the label. Don't exceed the dose on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.

### **NAUSEA:**

This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water.

### **NUMBNESS:**

The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, shew, pinch, or scratch the numb area. Sometimes procedures done in the lower jaw can cause residual numbness, tingling, and/or altered sensation for several weeks or months.

### **BRUSHING:**

Do NOT brush/touch the surgical site for 2 weeks, but please brush/floss all remaining teeth very well. You may use Waterpik to clean surgical site but with low pressure. A surgical site needs to be stable for 2 weeks so sutures do not get disturbed. Once sutures are out, start brushing very gently with an extra soft toothbrush and floss gently. Keeping good oral hygiene is very important during the rest of the healing process.

### **RINSING:**

Avoid all rinsing or swishing for 24 hours after your procedure (drain out instead of spit out after brushing remaining teeth}. After 24 hours, rinse with warm salt water solution (one teaspoon of salt with one cup of warm water}. Avoid commercial mouth rinses. You may be instructed to use a prescription antimicrobial mouth rinse.

### **DIET:**

Eat soft food for the first two days. Maintain a good, balanced diet. Return to normal regular meals as soon as you are able after the first two days. However, eat on the other side (avoid eating on the surgical site). Drink plenty of water. Avoid alcohol for 48 hours.

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### **ANTIBIOTICS:**

If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: Some antibiotics can reduce the effectiveness of birth control pills. Use alternative birth control methods for two months.

### **ACTIVITY:**

After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.

### **SINUS:**

If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. You need to avoid flying for a minimum of 2 weeks after the procedure. Use of decongestant medications might be recommended if needed.

### **REMOVABLE APPLIANCES, DENTURES (applicable to bone grafted areas and/or implant sites):**

If you have these, your dentist will give you specific instructions about your prosthesis. To avoid putting any pressure on the new implants or bone grafted sites before they have healed, your denture might be adjusted or significantly modified. In certain cases, you will need to go without your dentures for a period (days or weeks) after the procedure. Sometimes a temporarily removable appliance is made for cosmetic purposes until a new one-removable one can be made.

### **FOLLOW-UP APPOINTMENTS:**

Depending on the procedure and type of sutures used/you may need to return to the office in about 2 weeks after the procedure to have sutures removed, or just for a brief follow-up healing check. For implants, you may need to return after the implant has been integrated for a small second procedure to expose it in preparation for the final restoration.

### **PLEASE CALL YOUR DENTIST IF YOU HAVE:**

Uncontrollable pain

Excessive or severe bleeding

Marked fever

Excessive warm swelling occurring a few days after the procedure

Reactions to medications, especially rash, itching, or breathing problems

Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.

Please call

Dr. Won Kyung Kim at

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