



IMPLANT AND GRAFTING PATIENTS: For those patients who received dental implants, soft tissue or bone reconstruction, Dr. Santiago may advise you not to wear your present denture/temporary tooth replacement for 4-21 days. It is important that you not attempt to place the denture until your first post-operative visit or upon the advice of Dr. Santiago.

- 1. SMOKING/CHEWING TOBACCO:** Smoking and chewing tobacco play a significant role in the progression of bone degeneration, associated bone loss and delayed wound healing. Patients who smoke following surgery will often experience delayed healing and greater discomfort. In addition, continuation of smoking following surgery may compromise the final result. Dr. Santiago therefore, strongly advises our patients to refrain from smoking or using chewing tobacco for at least 3 weeks following surgery.
- 2. MEDICATIONS:** It is important that you follow the instructions written on your prescriptions. If an allergic-like reaction occurs discontinue medication and call our office. Antibiotics may cause diarrhea/upset stomach. You can take probiotics concurrently to avoid this. Otherwise, take pain medications within one hour after treatment with milk, fruit juice, or a full glass of water. Never take pain medication on an empty stomach. This medication may be repeated every 3-4 hours as needed for discomfort.
- 3. ACTIVITY:** After leaving our office, relax for the rest of the day and avoid strenuous activity for 2 weeks. When sleeping, elevate your head to decrease swelling. Please try to sleep on your back and not on your side. Avoid wearing CPAP for at least 2 weeks following surgery. Avoid yoga positions/activities in which you would be upside down. Avoid strenuous activity such as heavy lifting, or exercise programs, which elevate your heart rate, for 2 weeks following surgery.
- 4. DISCOMFORT:** Some discomfort is expected when the anesthetic wears off. It is imperative to follow the ibuprofen protocol to virtually eliminate post-op discomfort. (1 tab 1 hour prior...)
- 5. SWELLING:** Swelling may be present the day after surgery is completed. Generally swelling will persist for 72 to 96 hours and then diminish. Placing an ice pack on the face over the surgical area immediately after surgery, and continue for several hours can minimize swelling. The ice pack should be alternated on and off at 10 minute intervals. Also, certain medications prescribed to you can aid in reducing swelling in the surgical area.
- 6. BLEEDING:** There should be minimal bleeding after the surgery is completed. There may be a slight pinkish discoloration to your saliva for several hours, but excessive bleeding is not expected. Should bleeding occur, place a moistened tea bag (not herbal tea) or gauze over the area and gently apply pressure. It may take several (15-20) minutes before bleeding stops. If there is no change in the amount of bleeding, call Dr. Santiago immediately.



7. CLEANING THE MOUTH: For the remainder of the day of surgery minimal salt water rinses may be used. Do not attempt to floss/brush any of the teeth involved in the surgery until approved by Dr. Santiago (most likely after your first post-operative visit). If you have been given a prescription for a mouth rinse, remember to use it twice daily. You will be given additional instructions at your post-operative visits. Warm salt rinses can be done twice daily, but very gently.

* Do not use electric toothbrushes or waterpik in the surgical site.

** It is imperative that you do not touch the surgical site, especially with your tongue, do not look at the site, or put tension on your cheek or lips - this could jeopardize the surgical outcome.

8. EATING AND DRINKING: It is necessary to maintain a relatively normal diet throughout the course of healing. For the first few days, soft foods such as potatoes, cottage cheese, yogurt, eggs, and soft meals and fish can be eaten, but chewing should be done on the side opposite the surgical site. It may be necessary to stick to liquids for the first few days if chewing is uncomfortable. An increased liquid intake is recommended.

* **Avoid any hard/abrasive foods (chips, crusty breads) and seeds/popcorn/nuts with ski for 4 weeks.**

* **Avoid Peroxide, alcohol, carbonated beverages, and drinking through a straw.**

* **Do not skip meals.... If you take nourishment regularly, you will feel better, pain strength, and have less discomfort and heal faster.**

Nutritious Foods:

- Eggs (in all forms)
- Soups, bouillon, and chowder
- Soft meats, such as meat loaf, canned tuna, salmon, and boiled chicken
- Soft pureed vegetables (potatoes, peas, beans, carrots, asparagus, etc.)
- Fortified low fat milk, buttermilk, cottage cheese, & yogurt.
- Protein shakes & meal replacements

10. SUTURES: Most sutures are non-resorbable - they will be removed at one of your post-operative visits. Do not play with them as this will affect your surgical outcome.

It is our sincere desire that you are as comfortable as possible following surgery. If you should have any questions or problems, please call our office at any time. If an emergency situation occurs after hours, please contact Dr. Santiago at (206) 618-1479.