



## Post Operative Instructions

**Following surgery you will be given prescription medications; use them as directed.** If you have an adverse reaction (skin rash, hives, etc.) to any of the medications, discontinue use and call our office.

1. After having **sedation**, it is very important that on the day of surgery you stay at home and rest. It will take **several hours for the effects of the medication to wear off**. Do not drive a car, operate machinery, use alcohol or conduct business for the rest of the day. Rest is very important for the healing process, so it is advised to rest for a day or two after surgery.
2. Use an **ice pack** over the surgical area as directed by surgical staff. Alternate placement on and off every 15 minutes.
3. **Liquids and soft foods are recommended the first 2-3 days** (see suggested food list) Drink plenty of water. Avoid alcohol. No smoking cigarettes, vap sticks and or marijuana. Avoid chewing tobacco as well.
4. **Do not brush or floss directly on the surgical site**. You need to brush and floss your other teeth as you normally would. If needed, warm salt water can be used to **gently rinse** the mouth.
5. **Bleeding** will be well controlled before you leave the office. However, there may be **slight bleeding for several hours after surgery**. To prevent additional bleeding, avoid forceful coughing, strenuous exercise, and spitting on the day of surgery.
6. If any **sutures or periodontal dressings** were used in conjunction with your surgery, they will be **removed in our office in 7-10 days**. Please do not attempt to remove sutures yourself. If sutures fall out, there is usually no need for intervention, but please call the office if you feel there is a problem.
7. **Surgical packing** (periodontal dressing aka pink bubble-gum looking bandage on gums) will be applied to area where grafts are placed. Do not remove the packing. We will remove packing along with stitches at your post op appointment. If your packing comes loose or fall off before your post op appointment there is usually no need for intervention, but please call the office if you feel there is a problem.
8. If you had **tissue grafting, you will leave our office with a clear, plastic stent** that fits on your top teeth and will cover the roof of your mouth. This is to **stay in place for 4 days** following your procedure, including while eating, sleeping and brushing. The stent is made to protect the surgical site on the roof of your mouth. On the fourth day you're welcome to remove the stent. Feel free to brush and rinse it and use for comfort if needed for the next couple days. If you have multiple phases of treatment it's a good idea to save your stent for future use.
9. **Patients that have implant(s) placed** will be scheduled to come back for a one week post-op visit. You may or may not have sutures that need to be removed at this visit. We will see you back for a **tissue check appointment 4 months after your implant(s) are placed**. This appointment allows us to ensure your implant has integrated into the bone and is ready to be **restored by your general dentist**.



## Post Operative Instructions

Please remember that **some pain and discomfort is normal** and that 48 hours following surgery you should start feeling better. Please **take all of your prescribed medications as directed** and call the office if there is any confusion regarding post-op care.

Office number: **(509)489-6850**.

Dr. Aeschliman: **(509)389-1405**. (After hour's concerns or questions)

**Should you experience a life threatening emergency, please call 911.**