

## **OSSEOUS SURGERY POST-OP INSTRUCTIONS**

**REST:** Please limit your physical activity. Avoid aerobic activity for 24-48 hours after surgery.

**ICE:** Applying an ice bag to your face for 20-minute intervals for the first 4-5 hours after surgery will help minimize facial swelling and bruising.

**MEDICATIONS:** Use your anti-inflammatory medication to help prevent swelling and discomfort. It is recommended to take 400-800mg Ibuprofen every 4-6 hours for the next 4-5 days. Do not exceed 2400mg in a 24-hour period. Arnica Montana (homeopathic anti-inflammatory) will also help prevent swelling and bruising. If you have been given an antibiotic, take as directed until all of the medication is used. If you experience diarrhea or upset stomach, consider using probiotics (such as yogurt with “live cultures” or “Align” probiotic supplements) to help manage those symptoms. If nausea, itchy skin, or rash develops after taking any of the medication, discontinue their use and telephone the office immediately.

**BLEEDING:** Some slight bleeding is normal today. Try to avoid repeatedly spitting or rinsing your mouth during the first 3-4 hours after surgery as this will encourage bleeding. If bleeding persists, apply a tea bag to the area with firm but gentle pressure for 15-20 minutes. Avoid smoking and the use of alcohol as they will interfere with normal blood clotting and will irritate your mouth.

**EATING:** Something cold to drink or soft to eat is recommended the day of surgery; however, any soft food is okay. Avoid hard, crunchy, and chewy foods for two weeks following surgery as they may prematurely remove the sutures or cause additional trauma to the area.

**MOUThCARE:** Please do NOT brush the area of surgery, but feel free to continue your regular oral hygiene on all other areas of your mouth. If we have prescribed a medicated mouth rinse (Peridex), please rinse once in the morning and once in the evening until your next appointment. If you would like to rinse more than that, warm salt water rinses are recommended throughout the day.