

POST OPERATIVE SURGERY INSTRUCTIONS

During normal work hours, call the office at **970-472-0488**.

After hours, you can reach Dr. Aronson at **970-658-0810**.

IF YOU FEEL THIS IS A LIFE THREATING EMERGENCY PLEASE CALL 911!

BLEEDING:

- A certain amount of bleeding is expected following surgery. Blood tinted saliva may be seen for about **48 hours**. Expect to see this the morning following surgery. If bleeding appears very dark red even after using pressure for 60 minutes, please contact our office.
- Gauze will be placed over the surgical area and should be held in place with ***moderate biting pressure for approximately half an hour***.
- If bleeding occurs after you return home, fold gauze into four, wet with water, and place directly over the bleeding socket for 60 minutes with moderate biting pressure.
- If you run out of gauze you may use a regular wet tea bag. Tea contains a chemical, which helps to control the bleeding.

SWELLING:

- Some swelling is expected and will vary with the difficulty of the surgery and the individual.
- To minimize the immediate swelling, apply an ice pack as much as possible while awake, during the first 48 hours after surgery.
- **The ice pack (or pack of frozen vegetables) should be applied for 20 minutes “on” and 20 minutes “off”.**
- You may also suck on ice chips or crushed ice. This thins the saliva, keeps the surgery site cold and reduces swelling.

SUTURES (STITCHES) AND MEMBRANE:

- Sutures may have been placed during your surgery. Both dissolving (clear) and non-dissolving (black or blue) may have been used. You may be asked to return in approximately 2 weeks for suture removal.
- Membranes may be dissolving or non-dissolving. The white non-dissolving membrane will be removed 3-4 weeks after surgery.

RINSING/BRUSHING:

- During the first 24 hours: Do not VIGOROUSLY rinse your mouth & avoid brushing around the surgical site
- After 24 hours:
 - Gently rinse your mouth with warm salt water (1/2 teaspoon of salt to 8 oz. water) or StellaLife Rinse
 - Do not rinse other rinses, as they may break down the blood clot and cause bleeding.
 - Resume brushing all areas with a soft toothbrush.

OTHER INSTRUCTIONS

- Rest is critical for healing. Rest as much as possible and avoid excessive physical activity for 24-48 hours.
- Resting in a semi-reclining position with the head elevated is recommended for the first few hours.

- Do NOT use a straw or spit as this may dislodge the blood clot and cause bleeding
- DO NOT smoke or drink alcohol for at least 48 hours following surgery as this will cause increased bleeding and may cause complications with healing.

DIET:

- Liquids and soft foods are recommended for 24 hours. This includes plenty water, juices, smoothies, yogurt, pudding and soup. Cool is preferred over hot as heat promotes bleeding.
- Following the day of the surgery, it is suggested that you eat soft foods, which require little chewing (i.e. oatmeal, scrambled eggs, noodles, soup, etc). You may return to your normal diet as soon as tolerable.

MEDICATIONS

Antibiotics:

- Be sure to take prescribed antibiotics as directed and until complete to help prevent infection.
- Discontinue antibiotic use if you develop a rash or other unfavorable reaction. Notify our office.
- Take the antibiotics 1 hour before meals or 2 hours after. Antibiotics can sometimes cause an upset stomach.
- We recommend taking probiotics during and for several weeks after taking an antibiotic. Please be sure to take probiotics 3 hours after taking the antibiotics, unless the probiotic is in spore form (which will survive if taken with antibiotics). We carry MegaSporeBiotic in office if needed.
- Women taking oral contraceptives: antibiotics that you have received for your surgery may make your oral contraceptive less effective. You should use an alternate form of birth control until your normal menstrual cycle.

Pain medications:

- A certain amount of discomfort following surgery is expected.
- Research shows that dental post-operative pain is best managed with a combination of Ibuprofen & Acetaminophen.
 - Acetaminophen (Tylenol)
 - 1 Extra Strength Tylenol Pill = 500mg
 - **Do not exceed 3000-4000mg in a 24 hour period**
 - Ibuprofen (Advil, Motrin)
 - 1 Regular Strength Pill = 200mg
 - **Do not exceed 3250mg in a 24 hour period**
- Narcotic (opioid) medications
 - For dental pain, narcotics such as hydrocodone/oxycodone are NOT as effective when taken alone.
 - Even with short term use of opioids, there are risks associated including:
 - Respiratory depression
 - Risk of abuse and/or addiction
 - Danger when combined with certain anxiety and sleep medications
 - Nausea and constipation - do not take on an empty stomach

- Opioids must be disposed of properly, never flushed down the toilet or tossed in the trash. DO NOT keep extra medications “just in case” as these are often found and abused by relatives/friends.
- For more information about safe use, storage and disposal, see <https://takemedseriously.org/>

Recommended pain regimen

Mild pain or aching

Ibuprofen 400-800mg every 6 to 8 hours

-OR- If you cannot take ibuprofen, we recommend Acetaminophen 1000mg every 8 hours

Moderate pain

Combine Ibuprofen 400-600mg + 500mg Acetaminophen every 6 hours

Severe pain

Combine Ibuprofen 400-800mg + Prescription narcotic every 4-6 hours

DO NOT EXCEED 3250mg Ibuprofen or 3000-4000mg Acetaminophen in a 24 hour period

***The above recommendations are general guidelines. Some patients may have medical conditions or other medications that prevent them from using certain pain medications. If this is the case, please talk with your doctor about a regimen that will work for you specifically. ***

SUPPLEMENTS & HOMEOPATHIC REMEDIES

StellaLife:

Products are an all-natural solution formulated as adjunctive therapy for pre and postsurgical treatment. They improve recovery, can reduce the need for narcotic pain medications (opioids) and steroids. StellaLife products consists of the antimicrobial rinse, sublingual/systemic (pain-relief) spray, and award-winning topical gel. It helps reduce discomfort, decrease need for opioids, FAST ACTING and improves recovery!

Stella Life recovery kit includes a Rinse, Spray & Gel.

1. Rinse → Antimicrobial rinse → Swish ½ Tbsp for 1-2 minutes then spit out
2. Spray → Spray 4 times under the tongue → Start 3 days before surgery
3. Gel → Apply to the gum of the surgical area with a cotton swab → Will be placed after surgery and for 2 weeks after.