

SUMMIT ORAL AND MAXILLOFACIAL SURGERY, PA

JON A. BARTLETT, D.D.S., A.B.O.M.S.
PETAR HINIC, D.D.S.
*Practice Limited to Oral
and Maxillofacial Surgery*

155 SUMMIT AVENUE
SUMMIT, NJ 07901
(908) 273-5451
FAX (908)273-9474

Post-Op Instructions with Sinus Precautions

MEDICATIONS

Patients taking medication to relieve pain or other drugs that may retard reflexes should not operate machinery, cars, etc. while taking these drugs. Antibiotics should be taken as directed until the prescription runs out.

1. **BLEEDING** – A certain amount of bleeding is expected and the saliva may be blood tinged for 24-48 hours. If bleeding is persistent, it can be controlled by placing a piece of sterile gauze (or a moist tea bag wrapped in gauze) over the wound and biting on it for 20 minutes. Repeat if necessary. Do not rinse your mouth the day of surgery. It is important that the gauze be placed directly over the site where the tooth was removed and not over adjacent teeth. The gauze must be bulky enough to prevent the upper and lower teeth from meeting when biting firmly. **No spitting or drinking from a straw (that causes negative pressure in the mouth and may displace the clot and cause more bleeding).**
2. **PAIN**—This can be controlled by taking 2 Advil or Tylenol every 3-4 hours if necessary. If you have been given a prescription for relief of pain, use it as directed. These medications should be taken with food. Avoid alcoholic beverages. Smoking will increase discomfort and slow the healing process. Please abstain.
3. **SWELLING**—Apply an ice bag to the face in the area of the surgery for the day of surgery. No ice is needed while sleeping. Swelling is not uncommon after surgery. It is usually maximal in about 48-72 hours, and may last several days thereafter. Elevation of the head with 2 or 3 pillows will help to lessen swelling. Some discoloration of the skin of the face and neck may occur within 10 days following surgery and should not be a cause for alarm.
4. **HYGIENE**—Do not rinse the mouth the day of surgery. The day after surgery, normal gentle oral care can be resumed, along with saline rinses 2 – 3 times per day. Do not floss or use dental irrigation appliances in the surgical areas for at least one week.
5. **DIET**—Soft and bland foods that are cool to luke warm in temperature are advisable for the first 24 hours. Good nutrition post surgery is essential. Do not use a straw for drinking for the first 2 days after surgery. Please avoid foods with small, hard seeds or hard, sharp edges for 1 week after surgery: ie bagels, tomatoes, strawberries, popcorn, etc.
6. **FEVER**—a low grade fever may occur following surgery and should be no cause for alarm. Adequate fluid intake is essential and will reduce any post operative elevation of body temperature.
7. **ANTIBIOTIC COVERAGE**—If an antibiotic is recommended, please follow instructions as to its use. If you experience any rash, itching, significant stomach discomfort or diarrhea, please discontinue the antibiotics and call the office to discuss with your Doctor.
8. **Special Sinus recommendations:**
 - Sneeze with your mouth open (**DO NOT pinch your nose or hold back your sneeze as it causes buildup of pressure in your sinuses**)
 - DO NOT blow your nose (for the next 2 weeks try not to blow your nose, use nasal and systemic decongestants if prescribed or recommended by your doctor)**
 - Avoid blowing balloons, holding breath, or playing wind instruments (those also build up pressure in the sinuses)**
 - Avoid flying and diving (cause significant changes in pressure in your sinuses)**
 - Avoid heavy lifting**
 - AVOID SMOKING (this can significantly retard healing, increase bone graft and implant failure, and increase chance for infection)**
9. **IN CASE OF AN UNUSUAL DISTURBANCE**—Call our office promptly at (908)273-5451. When calling after hours, please allow time for the answering service to pick up your call and follow the instructions on how to page the Doctor on call.