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BUCKS DENTAL HEALTH AND ESTHETICS, LLC

Integrity Responsibility Reliability Excellence

Post Dental Surgery Instructions

Post-operative care is very important. Unnecessary discomfort and complications can be minimized if these instructions are followed carefully. Besides the instructions verbally given by the doctor and staff, please also read completely and carefully the post-op instructions.

IF AT ANY TIME YOUR SURGERY SITE IS CAUSING ADDITIONAL SYMPTOMS NOT LISTED BELOW, PLEASE CALL OUR OFFICE OR DR. EMERGENCY NUMBERS LISTED AT THE BOTTOM OF THIS PAGE. THESE CONCERNS MAY NEED TO BE ADDRESSED BEFORE YOUR NEXT SCHEDULED APPOINTMENT.

AVOID THE FOLLOWING for the first 48 hours:

- Rinsing/Spitting forcefully
- Smoking
- Drinking from a straw or directly from a bottle
- Carbonated beverages
- Aerobic activities or lifting anything with significant weight
- Sneezing through the nose (for sinus lifting procedure)

Home care:

- Bite down gently but firmly on the gauze packs that have been placed over the surgical areas, make sure they remain firmly in place. Do not change them for the first 20-30 minutes unless the bleeding is very heavy.
- Go to the pharmacy and fill any prescriptions you were given immediately.
- Ice bag: Use a cold pack (a plastic bag of frozen peas works well) to the face over the area where the procedure was done for 20 minutes at a time, twice an hour, for the first 6 hours. You can continue to apply ice to the face until the 3rd day after the surgery. If you use the ice bag as directed, you should have less swelling than you would have otherwise. The less swelling, the less pain. Do not use hot packs or a hot water bottle.

Oral Hygiene:

- For the first two weeks following surgery, brush and floss all other areas and do not touch or brush near the stitches until told otherwise. After brushing and flossing in all other areas, gently swish your mouth with the prescribed mouth rinse or warm salt water rinse for 30 seconds twice daily. Wait 30 minutes after swishing to eat or drink. Do not use a water-pik for 1 month after the procedure. Do not use an electric toothbrush around the surgical site for 1 month after the procedure.

Dedicated to life-long oral health, esthetics, and general wellbeing

Medications:

- Take all medications prescribed with food. Do not exceed recommended dosage. Follow instructions for the prescriptions indicated below, if prescribed:

_____ Antibiotic: Begin taking as prescribed until finished.

_____ Pain Medication/Anti-inflammatory: Follow the instructions

_____ Additional Pain Medication: Use as directed.

_____ Antimicrobial mouth rinse or warm salt water rinse:

_____ (Medrol Dose Pack) Steroid: Take as prescribed until finished.

Swelling:

- Typically the most swelling and discomfort appears on the 3rd day following surgery. This is normal and you should not be concerned unless you run a fever and/or your face or cheek near the surgical site feels hot to the touch.

Bleeding:

- It is normal to have some bleeding or oozing for the 1st 24 hours following surgery. If you experience active bleeding (bright red) from the surgical site, please call our office.

Sutures:

- You will have sutures in the surgical site. It is VERY important that you do not attempt to remove them, even if they are loose. If you feel they need to be trimmed or if anything is bothering you, please call our office.

Nutrition:

- For the next 2 weeks: Avoid chewing near the surgical site as much as possible. Eat soft foods such as scrambled eggs, mashed potatoes, soup, pudding, & yogurt. Things to avoid: crunchy, crispy and spicy foods, popcorn, nuts, and anything with seeds, such as breads or bagels, which could potentially become lodged under the gum tissue. Protein intake is best for your healing. You need to have adequate nutrition to aid in the healing process.

Bone graft and membrane:

- For the next several weeks: Avoid adding any pressure to the bone graft site, especially with dentures or finger touching. It is normal to have some bony particles coming out from the graft site. You can gently rinse them out.

After hours: Dr. Qing can be reached by 267-217-3218 (TEXT or Email at Bucksdentalhealth@gmail.com)