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## **POST-OPERATIVE INSTRUCTIONS FOR IMPLANTS AND EXTRACTION**

**WHEN SHOULD YOU NOTIFY THE DOCTOR; for emergencies, Dr. Briglia's cell: (484) 318-1098**

- 1) If profuse bleeding continues after you have applied pressure for three (3) to four (4) hours in 20-minute intervals
- 2) If you are unable to return to your normal diet after 48 hours
- 3) If the pain and/or swelling increases after the third day after surgery
- 4) If an oral bandage becomes dislodged prior to the third day after surgery
- 5) If you have an allergic reaction to medication such as:
  - skin rash
  - hives
  - elevated temperature
  - increased and/or erratic heart rate
  - nausea/vomiting
  - dizziness/fainting
  - blurred vision

## **GENERAL INSTRUCTIONS**

**DO NOT** rinse mouth for at least 24 hours after the surgery

**DO NOT** exercise or do heavy lifting for three (3) to five (5) days after surgery

**DO NOT** smoke for 72 hours after surgery

## **WHAT TO EXPECT FOLLOWING ANY SURGERY**

### **BLEEDING**

To slow or prevent bleeding, bite with light pressure on the gauze pack that has been placed over the surgical area. Pressure should be applied in 20 to 30 minute intervals and repeated until the bleeding is brought under control. If bleeding persists without slowing for several hours, apply gauze soaked in strong tea and repeat the above steps until the bleeding stops. Avoid exercising and heavy lifting for three (3) to five (5) following the surgery.

**SWELLING**

To prevent and/or minimize swelling, apply ice packs at ten (10)-minute intervals to the surgical area. After 72 hours, apply a warm compress to the affected areas to relieve swelling. Swelling is a natural part of the healing process and can be expected for three (3) days to several weeks depending on the nature and extent of the surgery.

**DISCOMFORT**

Following most surgical procedures, there may or may not be pain, depending on your personal pain threshold. You will be provided with a medication for discomfort that is appropriate for you. In most cases, a non-narcotic pain regimen will be given consisting of *Acetaminophen* (Tylenol) and *Ibuprofen* (Advil). These two medications, taken together, will be as effective as a narcotic without any side effects associated with narcotics. If a narcotic has been prescribed, follow the directions very carefully. If you have any questions regarding these medications or possible interactions with medications that you currently take, please call your pharmacist, physician, or our office.