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POST OPERATIVE INSTRUCTIONS FOR:

MEDICATION

Prescribed antibiotics are to be taken daily, as directed until all are gone. **Always take antibiotics with food.** Pain medication should be taken as prescribed when needed. **Take these capsules on a full stomach as they may occasionally upset an empty stomach.** Always read the label on your prescription and take medication as directed.

ORAL HYGIENE

NO tooth brushing in the surgical area until sutures have been removed or recommended by our office. Begin gentle but thorough brushing and flossing of all areas **EXCEPT** surgical area(s) the day after surgery. Rinse with Peridex twice a day for 30 seconds after breakfast and before bedtime to help minimize staining. If food material becomes bothersome in surgical area, Q-tips dipped in Peridex rinse can be used to gently swab the site. Do NOT use an electric (Sonicare) toothbrush for three months or until given permission to use. If no blood pressure concerns, rinse with warm salt water several times a day for 1 week.

DIET

A soft diet is advisable for the first 48 hours for any surgery. **AVOID foods that are hard, crunchy, spicy, sticky, extremely hot and cold foods as they may injure healing tissues.** Please stay away from nuts, chips, seeds, etc. Avoid biting into toast, burritos, tacos, bagels, sandwiches, etc. Eat food that can be eaten by fork or spoon.

Drink plenty of liquids.

We recommend semi-soft to soft foods like casseroles, rice dishes, pasta, etc.

Chew on non-surgical areas.

Do NOT use straws for the first week.

BLEEDING

A slight amount of post-surgery bleeding is normal. If bleeding persists, apply firm but gentle pressure directly to the site of bleeding with gauze or moistened tea bag for 5-10 minutes. If bleeding persists beyond 4-6 hours, please call our office.

SWELLING

Swelling in surgical site is normal. Bruising may also occur. This is not unusual. Swelling can be minimized by applying a cold pack gently to the face over the surgical area. Apply for 20 minutes, and remove 20 minutes, alternating until bedtime; for 3 days. Sleep with an extra pillow under your head for the first night or two to keep head above heart level – this will help minimize bleeding and swelling.

NO SMOKING

No smoking for the first 24 hours, please! The less you smoke the faster you will heal. Avoid smoking as much as you possibly can. This may be a good time to quit.

REST

You may experience a slight feeling of weakness, chill, or fever during the first 24 hours. This should not be cause for alarm. Avoid excessive exertion of any type. Avoid jumping or bouncing for 3 days.

FOR LANAP/LASER THERAPY

Do not brush or "pick at" the clot that forms on the surgical site. Clotting is good, it is the initial "band-aid" that your body makes. This will come off on its own. Start the Peridex rinse 24 hours after your surgery.

FOR A SINUS LIFT

Please purchase OTC Sudafed (pseudoephedrine only) to take for 5 days. **Do not blow your nose.** If you have to sneeze or cough, only do so through your open mouth. Bleeding through your nose is possible the first day. Absolutely no smoking after a sinus lift procedure.

PLEASE CALL

If problems arise, if you have any unfavorable reactions to your medication, or if you need additional information, do not hesitate to call the office. We're always available for you.

For after-hours emergencies, please call: **Dr. Graham: (858) 342-5136 or Dr. Steinberg (858) 442-9504**