

PREMIER ORAL FACIAL & IMPLANT SURGERY
FIRAS ALI, DMD

POST OPERATIVE INSTRUCTIONS

Please read this important information for your care after surgery.

1. NO SMOKING or tobacco products for 3 weeks, No alcohol or heavy mouth rinses for 1 week. No greasy or fried foods for 1 week.
2. DO NOT drink through a straw for the first 3 days. It creates pressure on the site and could cause a dry socket.
3. SOFT FOODS for 1 week. No chew diet, no nuts or small pieces of food that can stick in the site.
4. NO RINSING or SPITTING for the first 24 hours. After the first day, salt water rinses 2 times a day. (1/2 teaspoon of salt in 1 cup room temperature water)
5. Brush your teeth with a soft toothbrush EVERY DAY!
6. Apply ice to the outside of the face (20 minutes on, 10 minutes off) for the first 48 hours to help minimize the swelling.
7. Sleep with your head elevated for the first 48 hours.
8. Gauze is to be placed in the mouth on the surgery site for 45 minutes to an hour. If bleeding continues, replace gauze hourly. Once bleeding stops, no gauze is needed. Minimal bleeding may persist for 24 hours depending on the surgery. If bleeding persists, wrap a teabag in gauze, wet with water and bite down for 30 minutes. If the bleeding is moderate to heavy (completely soaking the gauze in 15 minutes or less), please call our office or go to your local express care or emergency department.
9. The doctor will prescribe pain medication as necessary after the procedure. If you do not need a narcotic, you can take acetaminophen or ibuprofen as directed on the bottle. As per the DEA federal laws, narcotics cannot be phoned to a pharmacy. Any lost or altered prescriptions cannot be replaced.
10. If suture was placed in the mouth, it is self-dissolving unless we tell you otherwise. It may take days to weeks to dissolve.
11. If you have dentures, partials, a smile plate, temporary dentures you will need to take extra precautions. If dentures are placed immediately after surgery, you are instructed to leave them in for 24 hours before removing them. If the post procedure bleeding is significant; remove the denture, even if it's prior to the first 24 hours after the extractions, place gauze, bite down with moderate pressure for 30 — 60 minutes. If bleeding persists, use a moistened tea bag for 30 minutes. If bleeding still persists, call our office or go to your local express care or emergency department. If you wear partials and they are close to the surgical site, we recommend you leave the partial denture out of your mouth until the bleeding stops.

If you have any questions or concerns, please call our office at (571) 291-3244 during business hours.