

Post-Operative Instructions

(For Surgery)



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CAN HAVE

TO DRINK

Tea
Water
Apple Juice
Koolaid

TO EAT

Apple Sauce
Jell-O

ADD MILK PRODUCTS

Milkshakes
Ice cream
Pudding
Yogurt
Sherbert

1 ½ - 2 DAYS

ADD WARM SOFT DIET

Scrambled eggs
Baked chicken
Baked potatoes
Mashed potatoes
Soups (warm)

CAN'T HAVE

TO DRINK

Orange Juice
Tomato Juice
Carbonated Beverages

TO EAT

Tomato Sauce
Chips
Nachos
Pizza
Toast
Hard Breads
Seeds
Popcorn

To insure your comfort and success of treatment, we strongly suggest the following instructions be carried out.

- 1) Discomfort can be expected when your local anesthesia wears off. To keep this at an absolute minimum, adhere to the following:
 - a) Pain medication: should be taken within the doctors office, or, as soon as you get home.
 - b) Follow instructions on the bottle-you may need to take a little more during the first few hours after surgery- the doctor will advise you.
 - c) DO NOT wait until you have pain to start your medication.
 - d) DO NOT take the pain medication on an empty stomach. Take with a large glass of milk or eat something first. You can possibly get very nauseous with an empty stomach.
 - e) DO NOT get up abruptly from a reclining position. This can cause dizziness and nausea. GET UP SLOWLY.
 - f) DO NOT DRIVE while taking pain medication.
 - g) If the recommended dosage is too strong for you, break the tablet in half, or, as the discomfort subsides you may take less and less pain medication until regular Tylenol will do, or, until medication is not necessary.
 - h) DO NOT USE ALCOHOL WITH PAIN MEDICATION- this combination will physically harm you.

2) SWELLING (Icepack)

- a) Swelling will occur following surgery. This is very normal (even if it looks excessive to you.)
- b) Swelling is NOT a sign of infection. It occurs during the normal healing process.
- c) Ice Packs are recommended to reduce swelling. Place on the outside of the face over the area of the surgery 15 minutes out of every half hour today and tonight only. Start ice pack application as soon as possible. Tomorrow you may use warm moist compresses (towel dipped in warm water, then wring out, repeat often.)

d) If you feel your swelling is not decreasing after 2-3 days, please call.

3) BLEEDING (blood stains in your saliva)

- a) Normal for the first 24 hrs.- a little oozing blood mixed with saliva looks excessive, but it is normal and expected.
- b) DO NOT EXPECTORATE CONSTANTLY- swallow normally. This mixture will not harm you, nor, upset your stomach.
- c) DO NOT RINSE FOR 24 HOURS.
- d) Occasionally, a patient will experience excessive bleeding. This can be readily by taking tea bag dipped in ice water and placed under pressure for one hour in the are of excessive bleeding.
- e) If excessive bleeding continues, please call office.

4) ANTIBIOTIC

- a) If prescribed- begin now.
- b) Follow directions on bottle- take until finished.

5) FOOD / CHEWING

- a) DO NOT chew on the side of your moth just treated, use opposite side for that purpose.
- b) Stay on a cold liquid or semi-liquid (very soft foods) the day of surgery. After this, you may eat, soft foods.
- c) It is important that you eat a nutritionally adequate diet and get plenty of rest following your surgery to enhance your healing process.

6) SMOKING

- a) DO NOT SMOKE FOR ONE WEEK!!!!
- b) This is irritating and slows down the healing process.

7) BRUSHIN / FLOSSING / RINSING

- a) Following your surgery, avoid cleaning your teeth for the first day.
- b) The day after, carefully do your routine oral hygiene procedures in areas where surgery has not

been performed.

- c) DO NOT brush the areas where the pink dressing (if applicable) is present for the week until we remove it.
- d) Rinse after 24 hours with very warm salt water at least 3 times a day. (teaspoon salt to glass warm water.) This will hasten healing and reduce discomfort.

8) DO NOT lie flat following your surgery. Keep your head in a semi elevated position until your normal bedtime the day of surgery. Maintaining semi- upright position will help reduce swelling.

9) AVOID excessive exertion of any type.

10) DO NOT DRINK THROUGH A STRAW!!!

11) Please call if you have severe bleeding or swelling.

12) A pink covering may have been placed over the treated areas. This is surgical dressing and should not be disturbed. It will remain until your next appointment. If a large piece should come off and cause discomfort please call. Refrain from hot liquid for at least 24 hours, as this could melt the dressing. The purpose of the dressing is to protect the treated areas.

If at any time you feel that you are in any difficulty,

Please call us 954-476-0770. It is our desire to care for our patients until the healing process is complete.
