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POST OPERATIVE INSTRUCTIONS

ACTIVITY: It is recommended to avoid strenuous activity and all aerobic exercises for two weeks after the procedure, which ultimately creates a better condition for an expedited healing with less pain and swelling since activity and increased movement lead to an increased heart rate that ultimately increases the blood flow in the operated area.

EATING AND DRINKING: One of the main causes of failures/complications in oral surgical procedures is food contact/irritation in the surgical area. So to prevent such issues from developing, try to following this food regimen:

Days 1-3: Only liquids, with temperatures ranging from cold to room temperature. Examples: milk shake, yogurt, ice cream, apple sauce, liquid soup (room temperature).

Days 4-7: Mushy food. Examples: mashed potatoes, banana, hummus, spread cheese, liquid softened bread, blended food.

2d Week: Soft, semi-solid food. Examples: eggs, fish, pasta, steamed vegetables, very soft meat. All food except liquids should be kept completely away from the surgical area. To help accomplish this, make sure that food is cut into small portions and chewed completely on the other side.

Hot temperature food is not recommended for 2 weeks since it can irritate and increase the swelling in the area.

Also avoid spicy, salty or acidic foods and drinks. Avoid nuts, chips, or other crunchy or fibrous foods, which may become caught between your teeth. Please refrain from drinking alcoholic beverages for one week after surgery and while taking narcotic pain medications. To supplement your nutrition, you may purchase Nutrition Protein Shakes with vitamins.

DISCOMFORT: Some discomfort/pain may be present when the anesthesia wears off. Take your prescribed pain medication as directed (4-6 hours as needed for pain) and avoid taking your narcotic pain medication if you are driving or operating heavy machinery, preferably limiting its administration to bed time. It is normal for pain and swelling to increase 4-5 days after surgery so do not be alarmed. Also, ask Dr. Bichara when it is appropriate to take your narcotic pain medication if you took any oral sedation medications before your surgery.

INFECTION: If you have been an antibiotic, please continue taking it as directed, without missing a dose, until completed to prevent any infection. If a second antibiotic is given, it is usually taken after finishing the first one.

SWELLING: It is normal for some swelling/bruising to occur after surgery. To minimize swelling after surgery, apply an ice bag on the face next to the operated area. The ice can be used 15-20 minutes on, followed by 5 minutes off. This protocol can be used up to 5 hours. In lieu of an ice pack, you may use a bag of frozen vegetables (peas/corn) as they tend to stay cold for long periods of time and cover both sides of the face. Also swelling can be minimized by sleeping with your head elevated the first couple of nights by using an extra pillow or sleeping on a recliner, in addition to avoiding bending, hot environments and excessive movements.

BLEEDING: It is common to have slight bleeding. If bleeding persists, apply gauze or a moist tea bag to the surgical site with firm, but gentle, pressure for 30 minutes. Let yourself rest for 5 minutes then repeat the application for a second time if you still have slight bleeding. If excessive bleeding continues, please call Dr. Bichara or our office. Remember, most of the blood you may see in your mouth is actually a little bit of blood mixed with a lot of saliva. You may experience some blood discharge from your nose. If so, stop it by keeping your head elevated and applying an ice pack over your midface-nasal area. If this bleeding does not stop within 30 minutes, call our office or Dr. Bichara for instruction.

ORAL HYGIENE: No brushing or oral rinse should be used the day of the surgery to avoid any bleeding. On the second day, start brushing all the unoperated areas while staying completely away from the whole quadrant of the surgical area to prevent any irritation. Please avoid lip and cheek movement of that area as well. The operated area can only be cleaned through the use of the proscribed mouth rinse (Peridex can be used 2-3 times daily for a duration of 30-60 seconds each time.) Mouth rinse should be gentle as vigorous rinsing will dislodge the blood clot.

USE OF REMOVABLE DENTAL APPLIANCES: If you normally wear a removable appliance which replaces missing teeth, and it rests on the operated area, it is best to minimize use of this appliance as any pressure on the surgical site could be detrimental to healing and cause discomfort. Dr. Bichara will specify directions as each case is specific.

We want your treatment to provide a healing experience that is as positive as possible. If you are having any problems or have any questions not covered in these guidelines, please feel free to call Dr. Bichara at any time. Please call and leave a message for **Dr. Bichara @ 215-327-3952** around 9 pm on the date of the surgery to let him know how you are feeling.