



## **ALL ON X POST-OPERATIVE INSTRUCTIONS**

*These instructions will guide you through the first part of recovery.*

*All patients heal differently - listen to your body. If something hurts, do not do it!*

**Start taking your prescribed antibiotics and prescribed rinse (2x day for 1 minute) 3 days before the surgery.**

### **Bleeding is Normal and Expected**

- After leaving the office, gently bite on gauze, and replace it with new gauze as needed. Remove gauze when eating or drinking, then replace if bleeding persists.
- Blood (pink) tinged saliva is normal for the first 24-48 hours.

### **Swelling is Normal and Expected**

- Swelling will typically peak about 24-48 hours after surgery and will subside within 7-10 days.
- During the first 24-48 hours, we recommend applying ice packs to help control bleeding.
- Once the bleeding is under control and swelling begins, you may switch to warm, moist heat to help with discomfort. Gel packs can be warmed in the microwave for 10 seconds.

### **Bruising is Normal and Expected**

- Bruising can extend below the neck and up to your eyes.

### **Sutures are Dissolvable**

- Expect the sutures to dissolve on their own over the next 7-10 days; however, they can begin to come out as early as 24-48 hours. They cannot be replaced.

### **Physical Activity**

- Restrict your physical activity for 7-14 days after surgery. You may return to work or school as you feel ready, typically 10-14 days after surgery.

## **Oral Hygiene**

- Oral hygiene is important and promotes healing. If you smoke, do not smoke during the first 48 hours.
- Rinse gently with warm salt water 3-4 times per day for the next 10-14 days, beginning the morning after surgery.
- You may clean your prosthesis regularly with a soft brush; be careful to avoid surgical areas.
- In 3-4 weeks, we will provide instructions on using a Waterpik to keep your mouth clean.

## **Sore Spots are Normal and Expected**

- Your gums are healing and becoming accustomed to the new prosthesis
- Please call our office if you have you have reoccurring or consistent sore spots which need adjustment.

## **Be Patient – It Takes Time**

- Speech and chewing ability may be altered which will require time for your tongue and lips to adapt.
- Speak and move your jaw slowly to help the muscles adapt to your new prosthesis. Careful practice and repetition are needed to re-train muscles.

## **Diet**

- Limit your diet to soft, nutritious foods (“non-chew”) until informed otherwise by Falcon Dental Group. If you can cut it with a spoon you can eat it.
- Healthy nourishing “non-chew” foods include yogurt, smoothie, Jell-O, pudding, soups, oatmeal, scrambled eggs, mashed potatoes, and overcooked pasta. Add any nourishing foods to your diets that can be taken with comfort and DO NOT require chewing.
- You may drink thin liquids through a straw, but if it is of smoothie or milkshake consistency, please use a spoon.
- Supplement your diet with nutritional shakes, such as Ensure, to ensure to get sustenance in your body if you are unable to tolerate soft foods. Baby food is not nutritious enough.
- Stay hydrated by drinking plenty of water.

**The local anesthetic administered with the general anesthetic during your surgery will last for 3-6 hours after surgery.**

### **What Can I Do For Pain?**

Some discomfort is normal after surgery.

To minimize pain and swelling take **600mg ( 3 tablets) Ibuprofen** (ex. Advil or Motrin) every 8 hours for the first 3-4 days post surgery combined with **Tylenol Extra Strength (500mg)** Take the first dose before the anesthesia wears off.

If prescription pain medication is given, take it as instructed on the label. Do not exceed the dose on the label.

Taking medications with food or milk will help reduce upset stomach.

Avoid driving or operating heavy machinery when taking prescription pain medication.

Do not drink alcohol while taking prescription pain medications.

MEDICATIONS: Along with pain medication you will be prescribed antibiotics as indicated by the procedure. Take the antibiotics as prescribed until the entire prescription is completed

**IF YOU ARE HAVING ANY PROBLEMS, PLEASE CALL US 313-884-3050 AS SOON AS POSSIBLE.**