deborahruprecht DDS
periodontics & implant specialty

POST-OPERATIVE CARE INSTRUCTIONS

Emergency Phone: 949-306-5209

Please call any time with questions, concerns, or if you feel something is unusual. Call 911 immediately if you are having a medical emergency.

Our goal is to provide you with a smooth healing experience following your treatment. In order to minimize possible complications and facilitate the success of the surgery, please read and follow these instructions:

BLEEDING CONTROL

You should expect minimal bleeding such as light oozing after surgery. If bleeding persists or becomes excessive, apply firm pressure with gauze to the surgical site or a BLACK teabag pre-soaked in hot water and cooled in ice water.

If you cannot control the bleeding with these methods and experience profuse bleeding (a constant, heavy flow of blood), call the emergency line immediately. If you do not get a response within a reasonable time and bleeding continues, call 911.

PAIN AND INFECTION CONTROL

Mild to moderate pain: Use over-the-counter medication such as Aleve, Tylenol, or Motrin. You may also use 2000 mg of natural pain relievers such as Turmeric or Curcumin that is available at most local health food stores.

Severe pain: Take prescribed medications as directed. Your medication type and dosing intervals have been set to give you the maximum benefit with the lowest required drug use. Some narcotics may cause addiction if over-used and should be taken only as prescribed. If you are taking a narcotic, DO NOT DRIVE OR OPERATE MACHINERY.

Take prescribed antibiotics at recommended intervals for the complete time period until you have finished them. **If a rash occurs or you have shortness of breath, discontinue antibiotics and call the emergency line.**

SWELLING CONTROL

Use ice packs immediately after surgery for 4-6 hours and continued for the next 24-48 hours. Apply an ice pack to the face and alternate on and off at 15-minute intervals. If swelling persists after 36 hours, use moist heat such as a warm wash cloth or heating pad.

NAUSEA CONTROL

If you experience nausea, try drinking small amounts of ginger ale, a mild carbonated drink, peppermint tea, ginger tea, or ginger capsules. **Avoid taking medications on an empty stomach as this may cause nausea.**

DIET

Observe a soft or liquid diet the day of surgery followed by a soft diet high in protein and vitamins. Eat food when taking medications. Avoid hard, sharp and crunchy foods such as chips and nuts as well as citrus and spicy foods since these may injure or burn the surgical site.

Drink plenty of fluids and avoid carbonated drinks unless as directed for nausea. DO NOT DRINK THROUGH A STRAW for 24 hours after surgery. DO NOT DRINK ALCOHOLIC beverages when taking prescription medications.

SMOKING

DO NOT SMOKE for at least 36 hours after surgery.

ORAL HYGIENE

At 24 hours after surgery, begin using a salt water rinse of 1/2 teaspoon of salt in 4 ounces of water, three times a day after meals.

Until your sutures are removed, do not use toothpaste, an electric tooth brush, or any other mouth rinse unless prescribed. Brush teeth with a manual, soft-bristled brush.

Do not brush the surgical site or floss until your sutures are removed. Use a cotton swab and salt water to clean the teeth around the surgical sites. (Salt water: mix 1/2 tsp of salt in 4 oz of water at room temperature.)

ACTIVITY

Following your surgery, relax for the remainder of the day by staying home from work and keeping your physical activities to a minimum. Avoid heavy lifting and strenuous exercise or yoga for at least 36 hours since these activities may cause bleeding, swelling, and pain, and may disrupt healing or compromise the surgical site.

On the third day following surgery when healing is at its peak, it is not unusual for pain, swelling, or bruising to increase. However, if these symptoms persist, please call the emergency number.

POST-OPERATIVE HEALING SUPPLEMENTS

To support your body's natural healing capacity, these dietary supplements can be purchased at Whole Foods, Mothers, and Sprouts or local drug stores such as CVS, Rite Aid and Walgreens.

Arnica

Arnica is an herb from Siberia and Central Europe that is known to relieve pain from joint and muscle soreness, bruising, swelling, stiffness, back ache, and fatigue. It can be used to speed recovery for both everyday pain and acute injury.

1. Begin taking arnica (Hyland's Arnica Montana 30x if possible) immediately after your surgery and continue until bruising and swelling has subsided (typically 5-7 days).
2. Take 4 tablets 4 times a day (Important: place tablets under the tongue and until they dissolve on their own).
3. Do not brush your teeth, eat, or drink anything but water for 15 minutes before or 15 minutes after taking arnica.

Vitamin C

Vitamin C (ascorbic acid) is a vitamin found in fresh fruits and vegetables, especially citrus

fruits. Vitamin C is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, immune system support, wound healing and maintaining healthy cartilage, bones and teeth.

1. Begin taking 2000 mg of vitamin C after surgery and continue for 4 days.

SINUS LIFT SURGERY

DO NOT BLOW YOUR NOSE or invert your head below your waste. Sleep with your head elevated with two pillows. Take Sudafed if you experience post-nasal drip.

SOFT TISSUE GRAFT SURGERY

DO NOT PULL YOUR LIP UP AND DOWN OR DISTURB THE SURGICAL SITE. The graft needs to be stable to allow the blood supply to attach to the graft. Do not use an electric toothbrush until the sutures are removed.

GET GOOD AND ABUNDANT REST
DRINK PLENTY OF WATER
EAT WELL
TAKE GOOD CARE OF YOURSELF