

Postoperative Instructions

The following time has been reserved for your post-op appointment: _____
Date Time

Working/Exercise - We suggest you return home immediately and relax. You may return to work when you feel up to it, but wait a week before undertaking any strenuous exercise. Attempt to keep your head above your heart.

Medication -Your doctor has prescribed medication that will promote more comfortable and rapid healing. Please take these medications as directed unless you have an adverse reaction such as allergy or nausea, in which case you should contact your doctor. Nausea is usually best controlled by trying to keep something in your stomach and keeping as still as possible. Call immediately with vomiting.

Pain Medication - Pain medicine is usually necessary at least for the first day of surgery and may be necessary as your symptoms indicate thereafter. The first day it is important that you begin to take the pain medicine as soon as it is safe, either at home or before you leave the office if someone else is driving. If you wait too long to take this medicine, there is often a delay in its effectiveness. Please take the medication as your doctor directs. Do not consume alcohol in combination with pain medication. (Antibiotic until finished, anti inflammatory as directed and pain medication as needed.)

Antibiotics - Not all surgical procedures require antibiotic coverage, but those that do will require that you take the antibiotics for the number of days directed on the prescription label. Please do not discontinue the antibiotics unless you suspect an adverse reaction. In any case, contact your doctor immediately.

Ice Packs - The application of ice packs to the face in the surgical area will have many beneficial effects. Keeping the face cold will reduce swelling, decrease the chance of bruising and will significantly control discomfort. It is especially beneficial during the first 24 hours and should be used intermittently (approximately 4 times an hour) when you are awake. If at any time the pain medication is not effective, you should apply ice packs to the face along with some crushed ice inside your mouth to allow the pain medication adequate time to control your discomfort.

Surgical Dressing - Some surgical procedures require a dressing to protect the surgical site. Small pieces may break off, but this should be of no concern. Consumption of alcohol should be restricted during the first 48 hours following surgery, as alcohol can dissolve the dressing. If the dressing should come off, it does not need to be replaced. Please do not pull it off yourself as you may pull out some of your stitches.

Food -Your diet will be limited by your comfort and ability to chew certain textures of food. You may have warm food and drink, but hot beverages are not advisable during the first few days post operation. Other than the necessity for soft foods, you face no major restrictions. The first day you may find that milkshakes with food supplements and/or eggs, cottage cheese, yogurt, etc., are appropriate. It is helpful to keep food in your stomach while you are taking medication because this will help prevent nausea. Please do not go without nourishment during the first day post operation. (No drinking through a straw, spitting, carbonated drinks or smoking after surgery).

Tooth Brushing -Do not brush your teeth in the area of surgery until told otherwise. After the first day, in the areas not treated, you may brush lightly with a soft toothbrush. After the first day you may rinse your mouth with warm salt water or Peridex (twice daily).

Mouth Rinse -Begin Peridex (chorahexidine) the day after your surgery, twice daily. You can rinse with warm salt water after 24 hours or once bleeding has subsided.

(Continued on Reverse Side.)

Possible Problems:

Bleeding - There are no major blood vessels in the areas where we have accomplished our surgical procedures, but the small vessels will continue to ooze small amounts of blood. This may continue for several days after the surgical procedure. If you have done something to cause the area to bleed, or if the persistent oozing is bothersome, then place a damp tea bag on the area that is bleeding with light pressure for 5 minutes. This will usually reduce the bleeding significantly. If you feel that you are having any excessive bleeding and the tea bag is not effective within 10 to 20 minutes, please contact your doctor.

Swelling - You will experience a certain amount of swelling based on the amount of surgery that you have had, even though you have effectively used ice packs to reduce the swelling effect. It will often take 3 to 5 days for all the swelling to resolve; but, if you are having problems, again, consult your doctor.

Pain - The degree of surgery that was accomplished will be reflected in the amount of discomfort and in its persistence. The pain medication prescribed should be effective in keeping your discomfort minimal, but if you are having difficulty, please consult your doctor. The regularity of taking the pain medication will have a great deal to do with its success in controlling the pain. Another possible occurrence of pain follows relative comfort through the third or fourth day post-surgery, but then increasing discomfort is noticed. This may be due to swelling. This situation is more likely to occur if you have had any strenuous exercise during the postoperative time.

Tooth Sensitivity - The teeth are frequently very sensitive, especially to cold, for several weeks after surgery. This sensitivity is usually transient and will decrease most rapidly with daily optimal oral hygiene.

Increased Tooth Mobility - The teeth in the surgical area are often more mobile for a few weeks after surgery. They will tighten up to the strength they were before surgery.

Fever - It is not uncommon to run a slight temperature following your surgical procedure. Drinking lots of liquids will generally control the temperature rise; if not, call your doctor.

Sore Throat - It is not uncommon to have a sore throat following surgical treatment. If this should occur, treat yourself as you would for a common sore throat with throat lozenges.

Contacting Your Doctor - First, try the office phone listed below. If there is no answer, call the cell number listed below.

Office: (402) 614-7022

Dr. Miyamoto

Cell: 402-203-2310