

After Surgery Directions

Recovery times vary from individual to individual. Everyone's pain threshold is different. Pain and discomfort are typically significant immediately after the anesthetic wears off and for the rest of the day. Moderate to severe post-operative pain usually does not last longer than 24-48 hours. Most patients feel significantly better the day following the surgical procedure but pain might continue for a week or so. Remember if you are continually getting better you are going through a normal healing process. Most patients **resume ordinary activities** either the next day or two days after the surgical procedure. Patients can greatly improve their own individual healing time and reduce pain by following these instructions.

Rest:

- Rest quietly with your **head elevated** for the remainder of the day. This will decrease blood pressure to the surgical area. We recommend that you sleep in a recliner chair, or in your bed with couch cushions and pillows to elevate your head. Patients typically report more noticeable swelling in the morning which decreases though out the day because their head is elevated.
- Always **get up slowly** from a reclined position to prevent dizziness
- **Limit physical activity** for the first 24 hours and avoid excessive exertion for the first 3 days. Exercise and physical activity or work related stress in general could raise blood pressure and restart mouth bleeding.
- Healing will occur much faster with **rest!**

Ice:

- As soon as possible, gently place an **ice pack** on your face over the surgical area: 20 minutes on and 10 minutes off.
- Use the ice pack for the first day following surgery. This will contribute to your comfort and minimize swelling.
- If you do not experience much swelling or after swelling has subsided, **moist heat** may be applied the 2-days following the surgical procedure for added comfort.

Smoking:

We strongly advise **NO SMOKING** after surgery. Smoking delays the healing, increases discomfort, and may encourage bleeding and infection in the surgical site. If you smoke you must notify Dr Landers! Doctor will prescribe **NicoDerm patches** for smokers upon request.

Minor bleeding or Oozing from the surgical area is possible for the first 24 hours and sometimes longer. If you experience more than minor bleeding or oozing, you can apply gentle pressure for 15 minutes with moist gauze or wet tea bag. Mild bleeding usually stops on its own or slows to an ooze or trickle after 15 minutes of pressure. Tip: use a timer! Keep in mind that a lot of saliva and a little blood can look like a lot of bleeding. **Exception:** do not apply pressure to the surgical area that received a bone graft or a gum graft.

Fever

You may experience a slight feeling of weakness or chills during the first 24 hours after a dental surgery. It is also possible to run a low-grade fever. If this persists for more than 24 hours, please call the office.

- **Sutures do not dissolve!** You will need to return for a 10-minute visit 7-10 days after your procedure to remove sutures.
- **Sutures commonly get loose** and even come out. Do your best not to touch the sutures with your tongue or play with the sutures.
- **X-rays** may be needed during and after surgery for treatment evaluation purposes.

I understand that if I experience any unanticipated complications or unintended results, that **I will need to follow recommended appointments in a timely fashion** in order to correct or stop any further potential damage caused by such complication. I further understand, that any untreated dental infection or dental treatment complication not managed in a timely fashion could result in breakdown to otherwise healthy teeth, gums, jaw joint, and bone. In rare cases untreated complications can result in tooth loss or affect ones general health, all of which may result in the need for additional appointments and expenses. I understand that Dr. Kevin Landers is not liable for further breakdown caused as a result of my disregard to report any side effects or keep recommended appointment intervals.

I understand that all **treatment times** (including time needed for dental implant stability & bone integration) presented by Dr. Kevin Landers or any member of his staff are only an **estimate based on an average healing times**, and that my healing time may take longer. Patients can greatly improve their own individual healing time and reduce pain by following these instructions.

After Surgery –marked fever, tongue side swelling on lower jaw, breathing problems: **Call us or go to hospital.**