



## POST-OP ALVEOLOPLASTY | DOB:

### ALVEOLOPLASTY

#### *Post-Operative Care Instructions*

#### Local Anesthesia

- The numbness from the anesthetic injection will wear off within a few hours. You may experience tenderness, mild swelling or bruising to the injection site. In rare cases, prolonged numbness can occur. Please contact our office if numbness does not wear off within 48 hours of surgery.

#### Intravenous Sedation

- It is imperative that you DO NOT drive a car or operate machinery while taking medications or recovering from the general anesthesia or IV sedation. Your judgment will be impaired. You must be under direct supervision for the first 6 hours after you receive general anesthesia or IV sedation. It is normal to feel tired, forgetful, and groggy. The following instructions are designed to help you during your recovery period.
  - Diet:
    - After having general anesthesia, we recommend clear liquids first (such as 7-up, water, apple juice). If you continue to feel hungry, this may be followed by soft foods (such as ice cream, Jello, pudding, malts) for the first 24 hours.
    - After the initial 24 hour period maintain a soft diet (soups, scrambled eggs, mashed potatoes, soft chicken, soft fish) for 2 – 3 days and then gradually progress to solid foods as tolerated.
    - Avoid food like popcorn, nuts, sunflower seeds, or rice.
    - If you are a diabetic, maintain your normal diet as much as possible and follow your doctor's instructions regarding your insulin schedule.
  - Nausea:
    - The medications used during and after surgery may cause nausea. If nauseated, avoid milk and other dairy products and try to drink clear liquids in small quantities, until symptoms resolve. Pain medications should not be taken on an empty stomach.
  - Fever:
    - A low-grade fever is not uncommon after surgery. It is usually a sign of insufficient liquid intake. Please remember to drink sufficient amounts of clear liquids to keep your body hydrated.
  - Bruising:
    - This may occur on the arm or hand, near the site of your IV. It is very common to have minor bruises. If the arm is inflamed or tender for the first day, apply an ice pack for 30 minutes on and then off for 30 minutes. If inflammation or tenderness does not resolve on the second day, please contact our office for evaluation.

#### Use Caution

- **Do not** disturb the surgical area today.
- **Do not** rinse vigorously or probe the area with any objects or your fingers.
- **Do not smoke** for at least 48 hours, as you can disrupt the healing process and worsen your discomfort. Keeping the area clean and uninterrupted is detrimental to healing.

#### Brushing

- Begin your normal hygiene routine the day after surgery. Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean your teeth within the bounds of comfort. If you use an electric toothbrush, feel free to use it just as you would a manual toothbrush.

## **Sharp Edges**

- You may feel sharp edges near your surgical site, occasionally small slivers of bone may work themselves out during the first week or two after surgery. They are not pieces of tooth, but if they are bothersome we will remove them. Please call the office if you are concerned.

## **Dry Sockets**

- Normal healing after tooth extraction should be as follows: The first three days of surgery are usually the most uncomfortable and there is some degree of swelling and stiffness. From the third day on, gradual, steady movements should mark the remainder of your recovery course. If there is a noticeable, distinct, persistent throbbing pain in the jaw that arises after the 4th day, please call our office. We would like the opportunity to help alleviate any discomfort.

## **Denture Wear**

- We recommend you wear your denture or partial until your follow-up appointment. If absolutely necessary, you may remove your denture(s) briefly to rinse your mouth. Your denture should then be immediately replaced. If unable to wear your denture after surgery, please arrange an appointment to have your denture or partial adjusted as soon as possible.

## **Pain Management**

- Minimal discomfort is to be expected after today's procedure. If necessary, Tylenol and Ibuprofen can be taken as recommended per age/dosage to manage discomfort.

Please call our office (908) 376 9297 if you have any questions or difficulties. If it is after hours, follow the prompts to be connected to our answering service. If you feel that your symptoms warrant a physician, and you are unable to reach Dr. Beth Herko, please go to the closest hospital emergency room immediately.

Patient's signature:

Date:

Doctor's signature:

Date: