

## POST-OPERATIVE CARE INSTRUCTIONS

### **Emergency Phone: (949) 833-2263**

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

To facilitate optimum healing and reduce post-op complications, please read and carefully 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 TEA bag presoaked in hot water and cooled in ice water.

**In very rare occasions, bleeding cannot be controlled with these methods. If you experience profuse bleeding (a constant, heavy flow of blood), call the emergency line immediately. Most situations can be handled over the phone. If you cannot reach someone in our office, 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 overused 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 course until you have finished them. **If a rash occurs or you have shortness of breath, discontinue antibiotics, and call the emergency line.**

#### **SWELLING CONTROL**

Ice, Ice, Ice! The more, the better. Use icepacks **immediately** after surgery for 4-6 hours and continue for the next 24-48 hours. Apply an icepack 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 washcloth or heating pad. Chew on Ice chips (snow cone size) to help with intraoral swelling.

#### **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 healthy fats. 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 water and avoid carbonated drinks unless 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**

24 hours after surgery, begin using a salt-water rinse of 1/2 teaspoon of salt in 4 ounces of water, 3x/day after meals.

**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.)**

Until your sutures are removed, do not use toothpaste, an electric toothbrush, or any other mouth rinse unless prescribed. Brush **only your non-surgery teeth** with a manual, soft-bristled brush for three weeks.

## **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 common for pain, swelling, or bruising to increase. However, if these symptoms persist, please call the emergency number.

## **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.

## **POST-OPERATIVE HEALING SUPPLEMENTS**

To support your body's natural healing potential, these dietary supplements are available at Whole Foods, Mother's, Sprouts and drugstores such as CVS, Rite Aid and Walgreens.

### **Arnica Montana 30x**

Arnica is an herb from Siberia and Central Europe.

Function: A natural remedy used to relieve pain from joint and muscle soreness, bruising, swelling, stiffness, backache, and fatigue, and to speed recovery for everyday pain and acute injury.

1. Begin taking Arnica Montana 30x (Hyland's if possible) immediately after your surgery and continue taking until bruising and swelling has subsided (typically 5-7 days).
2. Recommended dosage: 4 tablets, 4 times per day  
(Important: Place tablets under the tongue and let them dissolve naturally.)
3. Do not brush your teeth, eat, or drink anything but water for 15 minutes before and 15 minutes after taking Arnica.

### **Bromelain plus Quercetin or Turmeric**

Bromelain is an enzyme naturally found in pineapple that is known to reduce inflammation and bruising.

Quercetin is a type of flavonoid with strong anti-inflammatory and antioxidant properties that is effective for surgery and as a dietary supplement.

Turmeric is a natural anti-inflammatory and antioxidant that may be used as an alternative to Quercetin.

Function: A natural remedy used to relieve swelling and inflammation, muscle soreness, osteoarthritis, poor digestion, and effects of cancer treatment.

1. Begin taking Bromelain plus Quercetin 3 days prior to surgery and continue until inflammation has subsided (typically 5-7 days).
2. Take Bromelain between meals, preferably on an empty stomach (For example: upon wakening, late morning and late afternoon).
3. Recommended Bromelain dosage: 2 capsules, 3 times per day
4. Recommended Quercetin dosage: 2000mg, 3 times per day  
(Continue as a 2000mg supplement daily.)

If taking Turmeric with Bromelain instead of Quercetin, follow the instructions for Bromelain above and:

1. Begin taking Turmeric the day of surgery and continue for 4 days.
2. Recommended dosage: 1000 mg, 2 times per day

### **Vitamin C**

Vitamin C (ascorbic acid) is found naturally in fresh fruits and vegetables, especially citrus fruits, and is necessary for the growth, development and repair of all body tissues. It supports many body functions including formation of collagen, absorption of iron, immune system support, wound healing, and maintaining healthy cartilage, bones and teeth.

Function: A natural antioxidant

1. Begin taking Vitamin C after your surgery and continue for 4 days.
2. Recommended dosage: 2000mg per day

### **SOUND ADVICE TO HELP YOUR HEALING**

ICE, ICE, ICE ❄️

GET PLENTY OF REST 🛏️

DRINK PLENTY OF WATER 💧

EAT WELL 🥗

TAKE GOOD CARE OF YOURSELF ❤️