

Justine Hoda Hai DDS, MS

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Post Surgery Instructions

- **FOR 3 DAYS NO SPITTING, SMOKING, DRINKING THROUGH STRAWS, CARBONATED BEVERAGES, RIGOROUS EXERCISE, AIR TRAVEL OR ANYTHING THAT CREATES PRESSURE/SUCTION IN THE MOUTH.**
- **TAKE MEDICATIONS AS PRESCRIBED AND ALERT US IF PAIN WORSENS AFTER DAY 3.** You may take 600 mg ibuprofen/Motrin/Advil together with 500 mg Tylenol every 6 hours or 600 mg or 600 mg ibuprofen/Motrin/Advil together with Norco before bed. **DO NOT DRINK ALCOHOL WHILE TAKING PAIN MEDICATION.**
- **IF THERE IS OOZING, FIRMLY BITE GAUZE OR BLACK CAFFEINATED TEA BAGS FOR 15-20 MINUTES. IF THERE IS BRIGHT, RED BLOOD THAT WON'T STOP CALL OFFICE OR DR HAI (424)245-5586.** It is normal for bone graft particles to fall out and feel like sand, and are not dangerous if swallowed.
- **LIMIT EATING ON THE SURGICAL SITE IF POSSIBLE.** Soft foods that can be cut with a fork are recommended for about a week. **NO SMALL SEEDS, CRUNCHY, SPICY OR OVERLY SALTY FOODS.**
- **RINSE WITH WARM SALT WATER UNTIL YOU ARE COMFORTABLE TO BRUSH/FLOSS THE AREA.** This is a different timeline for everyone. It is normal to see bleeding when beginning to brush/floss so begin gently and return to normal by about 3-4 weeks.
- **DO NOT PLAY WITH STITCHES. ABSORBABLE STITCHES CAN FALL OUT BETWEEN 2-30 DAYS.** Non-absorbable stitches can be removed after 2-3 weeks if you are not tender in the area.
- **ICE THE AREA FOR 24 HOURS TO DECREASE SWELLING.**

SPECIAL Instructions

(for sinus, implants, membranes, gum surgery and gum grafts)

Please call the office with any additional questions or concerns or directly to Dr Hai's cell **424-245-5586**.

Additional detailed instructions and healing advice are also attached.

- **SINUS:** For sinus exposure and grafting, do NOT blow the nose for 1-4 weeks depending on your particular circumstance. DO take decongestants, hot shower, Vicks vapor rub or eucalyptus steam to open and drain the sinuses and nose.
- **IMPLANT:** If a healing cap is placed on your implant, keep it clean like you would a tooth. These can loosen over time so avoid vigorous brushing on it and electric toothbrushes can be on off mode when cleaning.
- **GUM SURGERY:** You are unlikely to cause damage to this area after a few days of healing so you may begin brushing the teeth surfaces early on. For larger spaces, proxabrushes can be used instead of floss for long term cleaning.
- **GUM GRAFTS:** Avoid biting into this area directly and stay on soft food diet for 2 weeks. Avoid brushing and flossing the gum line for at least 2-3 weeks until tenderness is mild/gone. If a stent was made, wear this for 3 days and thereafter as needed.
- **MEMBRANES:** If a non-absorbable plastic type membrane was placed, keep the site clean with a cutip dipped in salt water or antibacterial rinse for 4-6 weeks before it will be removed. If it is floppy and coming out sooner than this, you may have it removed early. It is normal for it to crinkle and fold.