

1. Diet

- Avoid hot liquids, acidic foods or drinks, carbonated beverages (soda) near the surgical site for 2 weeks.
- Eat when you feel ready, but start with cool liquids (**no straws for 24 hours**).
- Pureed diet for 24 hours, then progress to a soft diet.
- **Absolutely do not chew over the surgical site for 6 weeks.**
- No smoking, or any form of nicotine, for at least 48 hours following the surgery. Please try to reduce nicotine for at least 6 weeks post operatively.

2. Rinsing (for next 6 weeks)

_____ **Day 1** (Day of surgery – first 24 hours)

Do **NOT** rinse or brush your teeth. Do not spit.

_____ **Day 2 – until healing complete**

- Rinsing may dislodge the blood clot and interrupt the normal process of healing, so be gentle.
- Brush your teeth, 2 times daily. **Be gentle** around the surgical sites. Use the soft bristle toothbrush and GCMI paste, if provided.
- **Only use GCMI Toothpaste, or mild, no tartar control, non-whitening toothpaste and Stella Life mouth rinse. DO NOT use any other toothpaste or mouth rinses.**
- Rinse **very gently** using a glass of room temperature salt water (**1/2 tsp per cup**). Repeat 3 times daily.
- Follow with the **Stella Life** mouth rinse.
- **Never brush the gums (around the surgical site).**
- **Never brush the surgical site.**

3. Flossing

- Do not floss at the site for 2 weeks.
- Gentle flossing after 2 weeks, for 4 weeks.
- At the 6-week post op mark, you may resume normal flossing.

4. Waterpik

- Do not use a Waterpik at the site for 6 weeks.
- Begin using a Waterpik at the 6-week post op mark on level 2.
- Over the next 4 weeks, work your way up to a level 7.
- By week 10, you should be at level 7.

5. Swelling and Bruising

Wear the jaw bra/face bra, if provided, as much as possible for at least 4 days to reduce bruising and hematoma. Leave cool packs on for 20 minutes, then remove for 20 minutes, and replace as often as possible on the first day. Similar use in following days will also be helpful for reducing swelling.

6. Baseline Pain

Unless you are allergic to or otherwise cannot take Ibuprofen or Tylenol (acetaminophen), please start taking the following:

800mg of Ibuprofen and 500mg of Tylenol every 8 hours for 4 days.

- You will receive a prescription for Ibuprofen
- Extra Strength Tylenol (500 mg) may be purchased over-the-counter

Breakthrough pain: you may take additional Tylenol, not to exceed 4000mg in one day. You may substitute Hydrocodone (which contains 325mg of Tylenol) for Tylenol.

After day 4: you may take over-the-counter Ibuprofen and Tylenol.

- We recommend no more than 2400mg of Ibuprofen in a day, if taking it for extended periods after post operative day 4.
- We recommend no more than 2000mg of Tylenol in a day, if taking it for extended periods after post operative day 4.

If pain is exceeding the recommended regimen, contact the office.

7. Nausea

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting, you should discontinue the narcotic pain medication.

8. Medications

Take antibiotics and steroids if prescribed until finished.

9. Wearing Your Prosthesis

Clear plastic retainers (essix), flippers, partial dentures, or full dentures should be worn 24/7 immediately following surgery for 6 weeks unless otherwise specified. Remove the prosthesis 3 times daily to clean and immediately replace. Continue wearing until the gingiva (gums) cover the site and then proceed to wearing the prosthesis for at least 8 hours per day. **If you experience pain wearing your prosthesis, immediately remove and call the office.**

Patient Name: _____

Ride Signature: _____

Next dose of Ibuprofen with Tylenol:
