

# Post-Operative Instructions

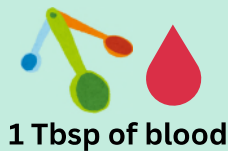
Here are a few things that you can do to help yourself heal well. You've got this! If you have questions or concerns, please reach out to the office during business hours, or to Dr. Geisler after hours.

Business Hours: (M-Th: 9am-4pm, F: 9am-3pm)

Office Phone: 503-534-0114 | Dr. Geisler's Phone: 503-317-3920



## Normal



Bleeding  
Swelling  
Bruising  
Stiffness  
Discomfort

## Abnormal (Call Us)

¼ Cup of blood  
within 1hr



## Post-Op Do's and Don'ts

### Do:



Take Medications  
as prescribed

Keep the site clean  
(Start Oral Hygiene Day 2)



Ice day 1,  
Heat day 2 onwards

Stay hydrated and eat soft  
foods with lots of protein



Rest and keep your  
head elevated



### Don't:



Do any Oral Hygiene  
on Day 1



Swish, Spit,  
or use a straw

Poke at or Mess with the site,  
even with your tongue!



Smoke



Drive or make big decisions under  
any sedation or narcotics



Freak Out; you've got this!



## General Post-Op Do's and Don'ts Continued

### Do:

**Take medications as prescribed**

**Keep the site clean** - Use your oral rinse and syringe if applicable day two and onwards.

**Eat soft foods with lots of protein**

**Remember RICE:**

- **Rest** - Take it easy! Don't do anything that gets your blood pressure up for the first 24-48hrs.
- **Ice** - Cold compress day 1, heat day 2 and onwards as needed. 20min on, 20min off. Not too cold or hot as to hurt yourself!
- **Compression** - Change your gauze every 30-45min. If it's red, wet more gauze and replace it. If it's pink, you can stop the gauze. Still bleeding that evening? Use black tea bags in place of the gauze.
- **Elevate** - Sleep with your head elevated.

### Don't:

**Do any kind of oral hygiene the day of the procedure** - That's tomorrow's problem.

**Poke at or mess with the site** - Messing with or touching the site (even with your tongue) could compromise healing and even lead to infection.

**Create excess pressure in your mouth** - No swishing, no spitting, no straws.

**Drive or make big decisions:** If you have had IV sedation or an oral sedative, you are under the influence for 24hrs. You are also under the influence while taking any narcotic medication such as Oxycodone.

**Smoke** - For one week. It can lead to dry socket which can be very painful!

**Freak out** - You've got this; and our whole staff is cheering you on!

## Implant Further Post-Op:

- Do not apply pressure or force to the implant site besides biting down on gauze to stop bleeding.
- If you have had an immediate temporary implant crown placed, do not chew or bite with it until given permission to do so.

## Bone Grafting Further Post-Op:

- If you see white grains coming from the site, *that is bone!* It is normal for a little to dislodge itself.
- Do not flush the area with a syringe
- Follow up with our office after 4-6 months for your implant consultation

## Sinus Lift Further Post-Op:

- Use a decongestant
- Do not forcefully blow your nose for at least 2 weeks, even if there is some drainage
- Try not to sneeze. If you must sneeze, keep your mouth open