



General Post-Operative Care

Rest and Activity:

- Limit physical activity for the first 48 hours. Rest with your head elevated when lying down.
- Avoid strenuous activities, heavy lifting, or exercise for at least 3-4 days after surgery.

Bleeding:

- Light bleeding or oozing is normal for the first 24-48 hours. Bite down on gauze pads placed over the surgical site for 30 minutes to help control bleeding.
- If bleeding persists, replace with fresh gauze and bite firmly. If bleeding is excessive or doesn't stop, contact us immediately.

Swelling:

- Swelling is normal and usually peaks 48 hours after surgery.
- Use an ice pack on the outside of your face near the surgical area in 15-minute intervals (15 minutes on, 15 minutes off) for the first 24 hours to reduce swelling.
- After 24 hours, you can use warm compresses if swelling continues.

Pain Management:

- Take prescribed pain medication or over-the-counter pain relievers (e.g., ibuprofen, acetaminophen) as directed.
- Avoid aspirin, as it may increase bleeding.
- If pain becomes severe or is not controlled by medication, contact our office.

Diet:

- Stick to soft, cool foods for the first few days. Good options include yogurt, mashed potatoes, smoothies, scrambled eggs, and applesauce.
- Avoid hot, spicy, crunchy, or hard foods that can irritate the surgical site.
- Drink plenty of fluids but avoid using straws for 48 hours to prevent disturbing blood clots or sutures.

Oral Hygiene:

- Avoid brushing the surgical area for the first few days. You can gently brush the rest of your mouth.

- Use an antimicrobial mouthwash (such as chlorhexidine) as prescribed, starting 24 hours after surgery. Rinse gently twice a day.
- Do not rinse vigorously or spit forcefully for 24 hours.

Avoid Smoking and Alcohol:

- Avoid smoking and alcohol for at least one week after surgery, as both can delay healing and increase the risk of infection or complications.

Procedure-Specific Instructions

Tooth Extractions:

- **Blood Clot Care:** It is crucial to allow a blood clot to form and stabilize over the extraction site. Avoid disturbing the clot to prevent a painful condition called "dry socket."
- **Rinsing:** No rinsing or spitting for 24 hours. After 24 hours, gently rinse with warm salt water (½ teaspoon of salt in 8 oz of water) 2-3 times a day.
- **Diet:** Continue to avoid chewing on the extraction site for a few days.

Sinus Elevation/Closure Surgery:

- **Nose and Sinus Care:** Avoid blowing your nose or sneezing forcefully. This can disrupt the sinus healing process.
- **Congestion:** Use any prescribed nasal decongestants or medications as directed. If you feel congested, contact us before using any over-the-counter medications.
- **Swelling Near Nose or Cheeks:** Ice application is especially important for sinus-related procedures.

Dental Implants:

- **Implant Care:** Take extra care to avoid disturbing the implant site. Avoid chewing on the side where the implant was placed.
- **Healing:** Healing takes time as the implant fuses with your bone (osseointegration). Stick to soft foods for the first few days and gradually reintroduce solid foods over time.
- **Sutures:** If non-dissolvable sutures were used, they will be removed at your follow-up visit. Dissolvable sutures will dissolve within 1-2 weeks.

Periodontal Surgery:

- **Stitch Care:** Protect the stitches and avoid disturbing them with your tongue or fingers.
- **Healing:** Soft foods are essential for the first few days to protect the surgical site. Avoid hot and spicy foods until the area heals.

When to Call Us:

Please contact us if you experience any of the following:

- Excessive bleeding that doesn't stop after applying pressure
- Severe pain not relieved by pain medication
- Swelling that worsens after 3 days or does not improve
- Fever, chills, or signs of infection (e.g., pus, foul odor)
- Any concerns or questions about your healing process

Emergency Contact Information:

If you experience any urgent issues or complications outside of office hours, please contact **Dr. Praveen Parachuru at (972) 787-1122.**

Thank you for following these instructions to ensure proper healing. We are here to help you have a smooth recovery. Please attend your follow-up appointment for a full assessment of your progress.