

Emergency? Call the office or text Dr. Warda at 916-905-2021.

Please review instructions carefully to ensure the most comfortable outcome post-surgery and reduce the risk of complications.

Pre-Operative Instructions

Medications

Your prescriptions have been sent to your pharmacy. Pick up prescriptions after surgery and review the instructions on the medications carefully. Use as directed.

Take your normal medications (blood pressure, diabetic meds.) unless otherwise instructed.

Appointment Details

Date:

Time:

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Post-Operative Instructions

Discomfort

Numbness from local anesthetic wears off 1-4 hours following surgery. It is crucial to take your first dose of pain medication immediately after surgery, prior to the anesthesia wearing off.

- Ibuprofen: take every 6 hours.
- If discomfort persists: alternate doses between Ibuprofen and Extra Strength Tylenol.
Ibuprofen → wait 3 hours
Tylenol → wait 3 hours
Ibuprofen, etc.
- For pain beyond this: call the office.

Swelling

It is very common to experience swelling and bruising of the facial area near the surgical site. To help reduce the incidence of swelling and bruising, take Ibuprofen as instructed. Ice packs can be applied to the outside of the face, gently, just enough to cool the skin for approximately 10 minutes, 3-4 times/day. Swelling will usually peak around day 2-3 and then improve. If swelling, pain, pus, or odor occur between day 5-10, call the office, as this may be a sign of an infection.

Bleeding

It is normal for blood to ooze out or to get mixed with saliva and seem like you are bleeding. In this scenario, go to the sink and let this drool out. Do not spit or rinse with water, as this will induce bleeding and disrupt the healing process. Any excess blood can be wiped off lightly with gauze or soaked in a black tea bag and apply constant pressure for 10 minutes. Do not apply any pressure to surgeries involving gum grafts as this can cause graft failure.

Antibiotic

Start prescribed antibiotics immediately after surgery to reduce the risk of infection.

- Amoxicillin: take 3 times/day for 7 days
- Z-Pack: prescribed to patients with a Penicillin allergy.

Anti-microbial Rinse

Begin using Peridex the morning after surgery. Fill the bottle cap half full with solution, place it in your mouth and allow the solution to soak in the surgical site. Do not rinse vigorously. Allow the solution to drool out of your mouth, do not spit it out.

Oral Hygiene

Week 1

- Do not brush, floss, or use a waterpik on the surgical site. Use Peridex and allow the solution to soak in the surgical site and tilt your head from side to side.
- Brush and floss the rest of your mouth carefully.

Week 2

- You may gently brush your teeth in the surgical site but do not touch the gums. Only use a soft bristle toothbrush. Do not use an electric tooth brush or waterpik, Do not allow the floss to go underneath your gums yet. An extra soft (red) toothbrush may be used on the gum area for gum grafts.

Week 4

- It is okay to resume using your electric tooth brush in the surgical site and floss gently under the gums.

Diet

Chew on the opposite side of the surgical site. Only eat soft foods (i.e. soup, smoothies, mashed potatoes, soft chicken, soft salmon, tofu, steamed vegetables). Avoid hard, crunchy foods, hot and spicy foods. Do not drink with a straw.

Sutures

A combination of dissolvable and non-dissolvable sutures may have been used at your surgery. They will be removed at your next visit with Dr. Warda.

Physical Activity

Avoid any strenuous activity for at least 3 days following surgery, this includes running, cycling, yoga, weightlifting, and swimming.

Procedure-Specific Instructions

Gum Grafts

- Palatal Stent: Wear your palatal stent at all times for 5 consecutive days, following the surgery. This will protect the roof of your mouth and reduce your pain level while it heals. Following the 5th day, you are encouraged to wear your stent as often as possible.
- It is important to not apply any pressure on the graft, as this can lead to failure. The graft will change in appearance during the first 2 weeks and you should avoid pulling down on your lip, as that can cause tension on the graft and again lead to failure.
- The sutures will remain for a minimum of 2-4 weeks. This is to ensure the stability of the graft.

Implants

- Call the office immediately if you notice your healing cap become loose or if it falls out. Avoid excessive chewing over the healing cap as this can trigger the cap loosening.
- For any numbness lasting longer than 24 hours call the office immediately.

Sinus Augmentation

- Do not blow your nose at all, as this will risk severe nose bleeds and rupture of your sinus membrane. Sneeze normally and do not hold your sneeze or pinch your nose. It is normal for graft particles to come out of the throat or nose post surgery.
- Do not submerge your head underwater for at least 2 weeks.
- Do not use any nasal spray (i.e. Flonase) or a Neti pot for at least 4 weeks.
- Avoid any air travel or going to areas of high elevation.
- For any nasal congestion, go to your local pharmacy and get Pseudophedrine.