



## **Post-Operative Instructions for IV Sedation & General Anesthesia**

Please follow these instructions after surgery:

### **Diet:**

- Eat a soft diet (jello, mashed potatoes, pudding, yogurt, etc.)
- DO NOT drink any hot liquids – (coffee, tea, soup)
- Do Not Use a Straw** for 1 week

### **Activity:**

- Do not drive or operate machinery of any kind for the remainder of the day
- Resume normal activities as tolerated after 24hrs, Avoid strenuous exercise.
- You may do physical therapy exercises as instructed by a physician.
- For the remainder of the day no lifting anything heavier than 2lbs, especially young children

### **Smoking/Alcohol:**

- Do Not Smoke or Drink Alcohol** for at least 72 hours after surgery

### **Bleeding:**

Bite on Moist gauze for 20-30 min. If there is further bleeding, bite on gauze for an additional 30 minutes. If bleeding persists, place a tea bag over the bleeding site and bite down for 60 minutes. May repeat 2 times. If bleeding is excessive and unstopable, contact our office immediately or go to the nearest emergency room.

Remember to swallow saliva. **Do Not Spit.**

Keep your head head elevated overnight. Sleep on a few pillows overnight.

\*\*\* If bleeding is persistent and there is still a high volume of blood even after all the above recommendations have been followed, contact the office at 484-461-0128, option 4. If no response from the office please go to the emergency room.\*\*\*

### **Swelling & Bruising:**

- Apply ice to affected area in 20 minute intervals (20 on – 20 off) as tolerated for 48 hours
- Apply warm moist compresses to the affected area in 20 minute intervals (same as above) as tolerated, or as instructed by the doctor.

Apply warm moist compress to affected area if swelling persists after 3rd day of procedure.

- Swelling can start as early as the first day of procedure and will peak into the 3rd or 4th day of post-op healing.
- Bruising may occur to lip/chin/cheek/neck

### **Rinsing:**

Start rinsing gently 24 hrs after procedure

Rinse mouth with ¼ teaspoon of salt in 1 cup of warm water. Do this 8 times a day. especially after eating and smoking. Continue 10 to 14 days

### **Medications:**

You have received a prescription for pain medication. Take as directed. Please discuss any medication allergies or options with the doctor at time of visit. DO NOT increase the amount of medication taken without consulting your doctor.

\*\*\*If you prefer Tylenol, Ibuprofen, or other over the counter pain reliever, please DO NOT take in conjunction with narcotics unless directed by doctor. DO NOT take aspirin containing products unless directed by your doctor. You have received a prescription to prevent or treat infections. Take as directed.

\*\*\* Please know that while taking an antibiotic, it may interfere with oral contraception that you are taking, it is important to use a second

### **Artisan Smiles Office Locations:**

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