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Dr. Derek S. Hopkins
Dr. Mark J. Hopkins
Certified Specialists in Prosthodontics

Post Operative Instructions

Wound Care

- Bite firmly on folded gauze for one hour after surgery.
- **Do not smoke or consume alcohol** as this will promote bleeding and interfere with healing.

Bleeding

- Some oozing of blood after surgery is normal. Place an old towel on your pillow for the first night to avoid staining of pillowcase.
- Do not spit or suck through a straw. This could dislodge a blood clot and promote bleeding.
- If bleeding begins again, place a small, damp gauze pack directly on surgical site and bite firmly for 30 minutes.
- Keep your head elevated with several pillows or sit in a lounge chair.

Discomfort

- Some discomfort after surgery is normal. It can be controlled by taking the pain medication prescribed by your dentist.
- Do not drive or drink alcohol if you take prescription pain pills.

Diet

- It is important to drink a lot of fluids. (Not through a straw)
- Eat normal regular meals as soon as possible after your surgery. Cold, soft foods such as ice cream or yogurt may be the most comfortable for the first few days.
- Avoid very hot or spicy foods for the first two days.

Oral Hygiene

- Do not rinse your mouth or brush your teeth for the first 8 hours after surgery.
- After that, rinse gently with warm salt water expelling the water gently every 4 hours
- Brush your teeth gently but avoid the area of surgery.

Swelling

- Swelling after surgery is a normal body reaction. It reaches its maximum about 48 hours after surgery and usually lasts 4 - 6 days.
- Apply ice packs over the area of surgery for the first 12 hours (applied for 20 minutes then removed for 20 minutes) in succession helps control swelling and may help the area to be more comfortable.

Rest

- Avoid strenuous activity for 12 hours after your surgery.

Esthetic Dentistry

Fixed Crowns

Fixed Bridges

Veneers

Partial Dentures

Complete Dentures

Implant Dentistry

TMJ Therapy

* Incorporated

Bruising

- You may experience some mild bruising in the area of your surgery. This is a normal response in some persons and should not be a cause for alarm. It will disappear in 7 – 14 days.

Stiffness

- After surgery, you may experience jaw muscle stiffness and limited opening of your mouth. This is a normal response and it will improve in 5 to 10 days.

Stitches

- Most stitches used will not dissolve on their own and must be removed at your follow up appointment, never pull at loose stitches or attempt to remove them yourself.

Call the office if

- You experience excessive discomfort that you cannot control.
- You have bleeding that you cannot control by biting on gauze.
- You have increasing swelling after the third day following your surgery.
- You feel that you have a fever.
- You have any questions at all.

Dr. Derek Hopkins emergency phone number
Cell (250) 882-7767

Dr. Mark Hopkins emergency phone number
Cell (250) 882-3446

Tomorrow

1. Once the bleeding has subsided, **Gently** trace the surgical area and adjacent teeth with a soft toothbrush dipped in **alcohol free Listerine**.
2. You may additionally rinse gently with warm salt water (½ tsp. salt to 8oz glass of water).
3. Brush your teeth gently with a soft toothbrush but avoid the surgical area for the next two weeks.
4. Avoid vigorous exercise and excessive talking for the next 3 days.

Some Ideas for a Soft Food Diet Following Surgery

FIRST: 2-3 days

Fruit Juices (especially fresh orange juice)
Instant Breakfast Preparations (they are better cold)
Eggnogs
Scrambled Eggs
White Fish - Steamed
Cream of Wheat and Oatmeal
Soups
Vegetables done with a blender (or baby foods)
Custards

LATER: 2-3 weeks

Meatloaf and Hamburger Dishes
Soufflés and Omelets
Casseroles (tuna with noodles etc.)
Chicken
Spaghetti or Lasagne
Macaroni and Cheese
French toast
Mashed Potatoes
Soft Fruit (bananas, peaches etc.)