

Bryan J. Frantz D.M.D., M.S. 570-486-4117

Kristen J. Frantz D.M.D., M.S. 570-589-0443

1039 O'Neill Highway Dunmore PA, 18512 Office Tel 570-344-3344

Post-Operative Instructions

Swelling/Discomfort

Swelling/discomfort can be minimized by using an ice/cold pack in 15-minute intervals for 24-48 hours after the surgery. Discontinue ice and begin warm compress applications post-surgery. Bruising may occur during the healing. Some discomfort is expected and is usually controlled with the medications prescribed. The discomfort usually will dissipate shortly after the sutures have been removed. You may experience a feeling of slight weakness during the first 48 hours.

Bleeding

There may be minimal bleeding after the surgery. There may be a red discoloration of the saliva for several hours. Apply wet gauze to the surgical area for 10 minutes if you experience bleeding.

Activity

After the procedure, relax for the remainder of the day. Keep your head elevated and sleep with extra pillows for the first night after the surgery. Avoid strenuous activity for several days. Avoid direct sunlight as it may increase swelling and fatigue. Avoid smoking as it will delay healing and possibly cause failure. Avoid alcoholic beverages while taking prescription medications. ***Sinus grafting: Do not blow your nose for two weeks.** If the need to sneeze arises, blow out through your mouth to avoid back pressure toward the sinus. Caution will help prevent graft failure.

Diet

Cold or warm softer foods can be eaten. Avoid excessive hot, spicy, crusty, acidic or seedy type of foods. Chewing should be only on the opposite side of the surgical area. Avoid drinking through a straw as it may stimulate bleeding. Soft foods include: pasta, yogurt, eggs, cottage cheese, non-toasted breads, soup, etc.

Oral Hygiene

Maintain your normal oral hygiene routine by brushing and flossing. For surgical areas, prescribed chlorhexidine or over the counter mouthwash such as Listerine may be applied with a q-tip and swabbing the area along with gentle rinses for 30-60 seconds. Warm salter (1tsp. salt to 8oz warm water) can also be used in the same manner. Avoid vigorous swishing as this may displace the sutures and cause discomfort.

Medications

Please follow the instructions for any medication prescribed. If adverse reactions to those medications occur such as nausea, vomiting, diarrhea, or allergic reactions, please discontinue the medications and contact the office. To avoid medication side effects, such as upset stomach, take medication with food or probiotics.