

## **Post-Operative Instructions Following Osseous Surgery.**

### **First 48 hours:**

1. Ice 10 minutes on, 10 minutes off for the first 2 hours. Feel free to repeat up to 24 hours.
2. DO NOT do any strenuous activities that will increase your heart rate during the first 2 days after surgery was completed (running, hiking, speed walking, working out, lifting heavy things etc.). You may walk at a normal pace the first 2 days. After 2 days you may begin your normal daily activities.
3. AVOID smoking, **SMOKING HAS DETRIMENTAL EFFECT ON HEALING.** Drinking alcoholic or carbonated beverages, and rinsing for the first 2 days. You may rinse **GENTLY** after 48 hours with alcohol free mouth wash.
4. DO NOT brush the surgical site teeth (front, back or chewing surface) for the first **two** weeks. You can brush all other teeth.
5. Maintain a very soft diet, eat foods that can be easily cut with a fork. For Example: Fish, eggs, pasta, chicken salad, tuna salad, soup etc. Also avoid small seeds like Strawberries, Blueberries, poppy seeds, Sesame seeds etc. Also it is advised to chew your food on the opposite side to the surgery area.
6. If you should ever experience a swelling of your throat or difficulty breathing, or anything else life threatening, go to an emergency room or call 911 immediately.
9. Take any medications that have been prescribed and follow pain management instructions carefully.

### **After 2 weeks visit.**

1. You can begin brushing, flossing and rinsing the surgical area with the extra soft tooth brush which will be provided to you. You may also use proxy brush. A sample will be provided.
2. You can eat most things in your diet, however, eating hard, tough, or rough foods (chips, popcorn, nuts, and steak) is not advised during the first 6 weeks following surgery.

If you have any questions, please do not hesitate to call us, Office: 678-236-0500, Cell: 678-296-6296.