



## For your comfort following surgery:

### 1. **You have just had surgery.**

- If you had IV sedation, you may not drive today. Go home and rest. Please do not do anything strenuous the remainder of the day.
- If you had local anesthesia, please remember it is still surgery. Take it easy today and let your body begin to heal.

### 2. **NO smoking!** Smoking will adversely affect your healing.

### 3. **NO alcohol** the day of surgery and/or as long as you are taking pain medication.

### 4. **Physical activity:**

- For the next 2-4 days, no physical activity more strenuous than walking around the block. No weight lifting, aerobics, swimming, or hot tubs.
- Keep your head above your heart.
- Sleep on the opposite side of your surgery for several nights to prevent swelling on the surgery side.

### 5. **Food & drink:**

- Absolutely no popcorn or gum!
- Today (day of surgery), drink iced beverages from a glass. No straws or sport top bottles for 1 week because the negative pressure could cause bleeding. Eat cold & soft foods such as egg salad, tuna salad, cold pasta, ice cream, or Italian ice.
- Tomorrow you may begin hot food and beverages.
- All food must be fork friendly. If you need a knife to cut it, you can't have it.
- All food must be quiet. If you can hear it when you chew, you can't have it.

### 6. **Most important – DO NOT CHEW ON THE SURGERY SITE!!**

- Extractions, bone grafts, tissue grafts, laser, periodontal surgery – Do not chew on the surgery site for 3 weeks.
- **Implants – Do not chew on the implant surgery site for a MINIMUM OF 10 WEEKS!**
- Do not let your tongue play with sutures or implants. Everything is securely in place, but your tongue is strong enough to disrupt the healing process.
- Do not pull your lip to look at the surgery site. It is healing and will not look or feel “normal” for a little while, but pulling your lip will disrupt the healing process.
- Do not be alarmed if you see some gritty, sand like particles near the surgery site. These, often called “bone chips”, are completely normal. Bone chips are not pieces of your own bone; they are tiny granules of the bone graft material. Similar in looks to table salt, thousands to tens of thousands of tiny granules make up the bone graft and often, patients will see some extraneous pieces come to the surface.



7. **Ice pack:**

- Start using your ice pack immediately, 20 min on/20 min off for the rest of today, and whenever you have time tomorrow.
- Hold the ice pack gently over the area. Pressing it hard or leaning on your hand **will** cause trauma.
- IF you went home with a piece of gauze over the surgery area, please remove this after one hour.
- If packing material has been placed, it may last 2 days or 2 weeks. Both are correct, so do not be alarmed when it comes off.

8. Take ALL **prescription medication** as Dr. Dalessandro has prescribed.

- Antibiotic – Start today (day of surgery)! Finish the entire prescription no matter how great you feel!
- Dexamethasone (anti-inflammatory) – Start tomorrow (day after surgery). Take with breakfast and plenty of water to prevent heartburn or upset stomach. Finish the entire prescription.
- After breakfast, you may brush all your teeth except in the surgical area. Gently let toothpaste fall out of your mouth; no spitting or swishing.
  - DO NOT BRUSH THE SURGICAL SITE for the duration of the healing process, until our office tells you otherwise.
- Peridex Rinse (or Chlorhexidine) –Start tomorrow (day after surgery). Twice a day, 12 hrs apart, SOAK the surgery site with ½ oz for 60 seconds. Open your mouth and let it fall out; no spitting or swishing. Do not eat, drink, rinse, brush for 30 minutes after soak. This rinse sticks to the teeth and gums to kill bacteria on contact for 12 hours. When used as directed, this rinse will keep the surgical area free of infection. It can cause a temporary brown stain, especially if you smoke or drink coffee, tea, soda, red wine, etc. Use this rinse until our office tells you to stop.
- Lodine/Etodoloc (non-narcotic) – This is the only optional prescription. Use it for pain every 6-8 hours, up to 3 times a day, only if needed. You may take Tylenol, Advil, Aleve, or Motrin if you prefer.

Our office is prepared to help you through your post-operative phase with minimal discomfort. If you have any questions or concerns, please do not hesitate to call. We would rather have you call than worry.

Dr. Alan Dalessandro  
(847) 884-0125

In case of Emergency only  
(224) 500-8205

If your question is not urgent, leave a message on our office voicemail. Doctor will get your message and return your call.

Please do not hang up if there is no answer. Leave a message, and Doctor will get the message and return your call.