

SURGICAL POST-OPERATIVE INSTRUCTIONS

IN AN EMERGENCY: To contact Dr. Mecall, please call the office (702-562-9024), which is forwarded to Dr. Mecall's cell after hours.

The post-operative instructions listed below should be followed accurately in order to speed your recovery.

1. **SWELLING** – The first 24 hours is the most critical phase for swelling control. Most swelling does not visibly appear until 24-48 hours after surgery. It is therefore important to apply (on and off) ice at twenty-minute intervals. Ice application after 48 hours slows healing and prevents swelling reduction.
2. **EATING** –Cooler, softer, smaller is best. Avoid spicy or hot foods. Any food that is cool, easy to chew, and soft is O.K. to eat (i.e. jello, yogurt, sliced soft fruit, cereal, potato, fish, eggs, applesauce, etc.). **DO NOT** eat or drink anything hot during the first 24 hours.
3. **EXERCISING** – Aerobic activities and heavy lifting should be avoided for the first 72 hours.
4. **SMOKING** – The less you smoke, the faster things heal and fewer complications arise.
5. **CLEANING** – Areas not included in the surgery can be cleaned as normal. Warm salt rinses (1/2 tsp. salt per 8 oz. glass of water) can be used after eating for the first week. **NO** brushing of surgical site until directed to do so.
6. **PAIN CONTROL** – Pain management begins immediately after surgery. The medication must be taken whether you experience pain or not. Proper blood levels are necessary in order to reduce pain and swelling.
7. **MEDICATIONS:** Use **ONLY** the medications below that your doctor has checked.

___(antibiotic)_____ taken ___ times per day until entire amount is used.

___Decadron 0.75mg: two pills taken after 6pm the first day of surgery. Then two pills twice daily until entire amount is used.

___Peridex: The day after surgery, begin twice daily oral rinses until entire amount is used.

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_____ Apply Peridex topically with Q-tip to surgical site.

_____ Motrin 600mg and 1000mg Extra Strength Tylenol. Alternate every 2 hours for the first day. Then take as needed for discomfort.

_____ Other medications, as listed.

8. **BLEEDING** – Normally there will be some bleeding following surgery. The application of pressure from a damp, cool cloth or ice in these areas will usually hasten clotting. Continued bleeding can be controlled by firm pressure on a dampened tea bag placed directly on the area. However, should you become concerned about excess bleeding, please call the office for further instructions.
9. _____ **DO NOT WEAR YOUR REMOVABLE BRIDGE OR DENTURE** for ___ days. Before wearing your prosthesis, it must be modified and a medicated soft-liner applied. This soft-liner must be replaced every 4-6 weeks. Failure to do so could jeopardize healing.
10. **PERIODONTAL SURGERY ONLY – PERIODONTAL DRESSING:** The pinkish casts, when applied to the surgical area, should remain until your next appointment. These were applied to provide greater comfort. Should they loosen, do not force them back into place. Call the doctor.

When NO PERIODONTAL DRESSING is used, the following precautions should be observed:

1. No vigorous rinsing or spitting for the first 24 hours. This tends to promote bleeding.
2. Floss may be used to remove food should it collect between teeth.
3. Begin twice daily rinses with Peridex until the bottle is used up or you are instructed to stop.
4. Avoid cold and hot beverages since the teeth may be sensitive to thermal stimuli.
5. If sutures become loose or stringy, do not pull on them.

If you are uncertain as to what to do, please call the office. After hours the office number is forwarded to the doctor's cellular number.