

POST-OP DIET

We recommend a full liquid diet on the day of your surgery. Starting the day after surgery, continue with a soft food diet for several days.

DAY OF SURGERY:

Cold and soft diet only

- ♦ Pudding
- ♦ Jell-O
- ♦ Yogurt
- ♦ Milkshakes or smoothies (without a straw)
- ♦ Ice cream/sherbet/water ice
- ♦ Nutritional drinks (Boost, Ensure)
- ♦ Applesauce
- ♦ Canned fruit

ALL FOODS SHOULD BE CONSUMED COLD OR ROOM TEMPERATURE, NOT HOT.

AFTER THE FIRST DAY:

- ♦ Eggs
- ♦ Pancakes
- ♦ Mashed potatoes
- ♦ Soft noodles (like mac & cheese)
- ♦ Soup (not chunky)
- ♦ Tender, cooked meat and fish (boneless)
- ♦ Tofu
- ♦ Pureed food

AVOID THE FOLLOWING:

- ♦ Citrus fruits and juices containing acid (orange, grapefruit, pineapple, tomato, etc.)
- ♦ Spices and spicy food
- ♦ Crunchy or tough foods (pizza, popcorn, rice, chips, nuts, pretzels)

This is a list of suggestions only. You are not restricted to the above mentioned foods. Please use your best judgment, and if you are unsure, it is best to avoid that item. Make sure you drink lots of liquids so you do not get dehydrated.

Your feedback is appreciated. Please take a moment to review us online on our website, Facebook page or Google.
www.BalaSurgery.com

VISIT BALA KIDS DENTISTRY

For children and young adults ages 1-21, we encourage you to visit Bala Kids Dentistry, conveniently located next door to our oral surgery practice. Meet Dr. Sheedeh, her associates and friendly team members.

Dr. Sheedeh Madani holds a Master of Science degree from the Philadelphia College of Osteopathic Medicine and a DMD degree from the University of Pennsylvania School of Dental Medicine. She completed her pediatric dental residency at St. Christopher's Hospital for Children. Dr. Sheedeh is board certified and a Diplomate of the American Board of Pediatric Dentistry.

Bala Kids Dentistry offers:

- ♦ State-of-the-art equipment and technology to provide the highest standard of pediatric dentistry
- ♦ Amazing team of support staff, admired by all children and their parents
- ♦ Relaxed, colorful and fun atmosphere that appeals to children and young adults
- ♦ Patients can select their favorite movie to watch during their visit
- ♦ Extra large iPads with age appropriate games

610-DENTIST
(610-336-8478)
www.BalaKidsDentistry.com

Did you know that you can have a missing tooth replaced permanently with a dental implant? Contact us for a consultation.

Text us during business hours for non-emergencies:
(610) 667-6161

The highest compliment our patients can give is the referral of their friends and family.

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Oral Surgery Post Operative Care

Mansoor Madani, DMD



We appreciate your confidence in our practice.

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GENERAL POST-OPERATIVE INSTRUCTIONS

It is our goal that your recovery be as smooth and comfortable as possible. By carefully following these instructions you will minimize pain, swelling and lessen the chance for infection and complications.

AFTER SEDATION/GENERAL ANESTHESIA: Due to the medication, patients who received sedation must be accompanied home by a responsible driver and should not attempt to drive, ride a bike or operate any type of machinery for up to 24 hours after surgery. Patients should return home from the office immediately upon discharge, and lie down with the head elevated until all the effects of the sedation have disappeared. Anesthetic effects vary by individual, and you may feel drowsy for a short period of time or for several hours. Your activity level can slowly be increased to normal as you become more alert.

- ◆ Bite on the gauze packing firmly for one hour. Do not change it for the first hour then replace it with a new gauze pad every hour or as needed. If you run out of gauze pads, you can use a tea bag. Dip it in ice cold water and place it over the extraction site. Keep biting on it for one hour and replace as needed.
- ◆ Some oozing of blood for several days after surgery is normal, particularly after extensive or multiple extractions. In the case of severe and consistent bleeding, contact our office and go to the nearest emergency room. Sleeping or resting with your head slightly elevated will reduce any bleeding you may have.
- ◆ To help minimize swelling and bleeding, keep an ice pack on your cheek nearest to the surgical area for 20 minutes on and 20 minutes off during the first 24 hours only. Keeping ice chips in the mouth will reduce bleeding.
- ◆ In most cases, sutures will not need to be removed as they will dissolve within 2-5 weeks, unless you were otherwise advised. Then you will need to return for removal of sutures.
- ◆ Do not rinse, spit or brush your teeth near the extraction site the day of your surgery or for 24 hours after surgery. Do not smoke for 72 hours and do not use a straw for at least seven days following surgery as the suctioning will displace the blood clot formation resulting in extended post-operative discomfort and delayed healing.
- ◆ Swelling and bruising are a normal part of the healing process. It may last up to two weeks after surgery. Avoid strenuous physical activity for at least 24-48 hours following surgery.
- ◆ Delayed post-operative pain, swelling and infection is not unusual. Some patients may experience intense pain 5-7 days after surgery.
- ◆ To prevent jaw stiffness, chew sugarless gum starting 24 hours after the extraction for about one week.
- ◆ The corners of your mouth may become chaffed and temporary cracking may appear. Apply Vaseline to your lips.
- ◆ For upper teeth extractions only, refrain from blowing your nose for ten days after surgery.
- ◆ The day following the surgical procedure, begin rinsing your mouth with warm salt water or mouthwash at least six times daily.

**IN CASE OF A MEDICAL EMERGENCY, CALL 911
OR GO TO THE NEAREST EMERGENCY ROOM.**

610-667-6161

MEDICATION

You may be given certain medications to assist you with your recovery. Make sure to take all medication as instructed and with plenty of food or fluid. The most common medications are listed below. If the medication you were given differs from the list provided, then follow the dosage instructions on the container.

ANTIBIOTIC: Amoxicillin or Clindamycin: Take one capsule every 8 hours until finished.

PAIN RELIEF: Ibuprofen (Advil, Motrin) or Tylenol: Take 1 to 2 tablets every 4 to 6 hours if needed. Having pain after your surgery is expected and common and may last for several weeks.

Tylenol with Codeine: Take 1 to 2 tablets every 4 to 6 hours as needed. This medication will cause drowsiness. Avoid driving or operating heavy machinery and never consume alcoholic beverages while taking this medication.

ORAL STEROID (for swelling): Decadron (Dexamethasone) Take 1 tablet every 8 hours. If a "Medrol Dosepak" was prescribed, simply follow the manufacturer's written instructions enclosed in the pack.

ALLERGY ALERT

If you develop rashes, hives, itching, difficulty breathing or other signs of an allergic reaction, discontinue medication and contact our office or go to the nearest emergency room.

The medications prescribed may interfere with birth control, blood pressure and other medications you may be taking. For drug interactions, consult your pharmacist.

Contact our office with any questions.

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