

Douglas A. Henke, D.D.S., M.S.

Douglas Henke, D.D.S., M.S.
Prosthodontics & Implantology
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POST-OPERATIVE INSTRUCTIONS

To insure your comfort and the success of treatment, please follow these instructions:

WORK AND EXERCISE

RETURN HOME IMMEDIATELY AND RELAX

If you have been given any sedative medication, this medication takes some time to completely wear off, possibly as much as 24 hours. It is normal to sleep a good deal during this time. Do NOT drive or operate any machinery for 12 hours as your reaction time is slowed. Work can be resumed the next day unless otherwise instructed.

DIET

A SOFT AND COOL DIET is advisable for the first 72 hours following surgery. We encourage you to restrict your diet to soft, nourishing foods while healing takes place. Plain foods lacking high seasoning are less irritating. For 72 hours after surgery, hot foods and drinks should be avoided since heat can cause swelling around the surgical site.

DO NOT SUCK OR USE STRAWS WHILE DRINKING OR EATING. Such activity can cause bleeding.

AVOID ALL FOODS WITH SEEDS AND ANYTHING CRUNCHY OR STICKY UNTIL ADVISED OTHERWISE.

NO ALCOHOLIC BEVERAGES, FRUIT JUICES OR CARBONATED BEVERAGES FOR 10 DAYS OR WHILE TAKING ANY MEDICATIONS.

HOME CARE

DO NOT RINSE the day of your appointment. After that, rinse very gently, DO NOT rinse vigorously. DO NOT USE SALT WATER.

SWAB THE AREA WITH PERIOGUARD

Twice daily, morning and evening, following your hygiene routine. Do not eat or drink anything for ½ hour afterward. Plaque control procedures must not be neglected, even during this post-operative phase of treatment. Brush and floss your teeth as usual, but avoid the surgical site. DO NOT USE TOOTHPASTE FOR SEVERAL DAYS as it may irritate the healing tissues.

SWELLING

An ice bag or chopped ice wrapped in a towel should be held over the surgical site – 20 minutes on, 20 minutes off as much as possible for the first 24-36 hours.

BLEEDING

Following oral surgical procedures, some bleeding is to be expected. If persistent bleeding occurs, place a wet gauze pack over the area and bite down firmly for ½ hour. Repeat if necessary.

MEDICATION

Pain medication may or may not be prescribed, depending on the extensiveness of your surgical procedure. Prescription pain medications are quite strong and consequently, to avoid mild symptoms of nausea, the medication should be taken with food. You should avoid operating any mechanical devices or vehicles while taking this medication. If it is not prescribed,

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acetaminophen tablets (TYLENOL) or ibuprofen (ADVIL, MOTRIN IB) – 2 tablets every 4 hours- will generally help keep you comfortable. Do not take pain medication if it is not needed. If an antibiotic is prescribed to reduce the chance of infection, it is imperative that you follow the directions on the label. You must be certain that you take this medication as prescribed until finished. If you are having difficulty with any medication, please contact the office or Dr Henke.

GENERAL INFORMATION

Problems may arise during your post-operative period, such as continued bleeding, persistent pain, abnormal swelling, etc., should be discussed with us. We suggest that you elevate your head by using two pillows during sleep for the first 36-48 hours after surgery. This will help reduce swelling. Please note that smoking delays the healing process. If you smoke during the healing process for bone grafting procedures or implants, we cannot be responsible for poor bone grafting results and loss of implants that could occur.

While this type of dental therapy is not enjoyable for anyone, following these instructions is the best way we know how to make the healing phase as pleasant as possible. Remember, our goal, as well as yours, is to retain your natural teeth or the implants we have placed in health and comfort. This surgical procedure is one important way which will help us both achieve this goal.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE.

(248) 626-6656

In case of emergency and the office is CLOSED, Dr. Henke Cell # (248) 891-1075.