

VASUPUJYA DENTAL

Post Op Instructions for Dental Surgery

- **Initial Care**

1. Keep Pressure Pack on for 45 minutes.
2. On removing the pressure pack have cold foods or beverages (eg **Plain** Vanilla Ice Cream or Milkshake) this will help soothe the treated area.
3. No chewable foods to be consumed for at least 3 hours after the procedure.
4. Take the first dose of your **pain killer within 45 minutes** of your procedure.
5. Do **NOT** Spit and do **NOT** Gargle for 24 hours after of your Surgery. **To be followed strictly.**
6. Don NOT gargle vigorously or brush your teeth for 24 hours after the surgery.

- **Dietary Guidelines (to be followed for 1 week after the procedure)**

1. Consume Soft foods at room temperature [Soft Food Diet]

(eg Khichdi, Curd Rice, Dal Rice, White Sauce Pasta, Sheera, Bread Butter, Idli, Upma Etc)

2. Food should **NOT** be spicy.
3. DON'T consume any Aerated Drinks.
4. Consume cold things like smoothies and ice-creams to help soothe the treated area.

- **What to expect**

1. The effect of anesthesia takes 2-6 hours to wear off.

Since you have no sensation there are chances that you end up biting your cheek or lip area and might even hurt the treated area.

So be careful and don't chew anything till the effect of the anesthesia wears off.

2. Slight Bleeding and taste of blood is normal.
3. Swelling and Pain should subside in the next 3-4 days.
4. Difficulty in mouth opening is normal so be gentle and it should ease out in the next few days.

- **What to Avoid**

1. Avoid Drinking anything from Straws for 24 hours
2. Do NOT chew any tobacco or smoke for 3 days
3. Avoid Strenuous Activity 24 hours
4. Avoid Vigorous Gargling 24 hours
5. Do NOT tamper with the sutures till they are removed.

- **At Home Care**

1. After 24 hours of treatment you can brush your teeth but be gentle on the treated site.
2. Place Ice Pack externally for 20 minutes and give a rest of 5 minutes and continue to do so for 5-6 hours.
3. 24 hours after the surgery Betadine gargles are to be done after brushing in the morning and at night. You have to continue doing the Betadine gargles till the time the site has healed.
4. Do gargling with Luke Warm Water + Pinch of Salt every day after every meal.
5. 24 hours after the surgery apply Mucogrity at the treated site with a clean finger or a cotton bud BEFORE consuming food.
6. Mucogrity can also be applied in case of ulcers.
7. Take your meds on time.