

Post-Surgical Instructions

To prevent the risk of any complications after dental surgery, it is important to follow a set of simple yet essential guidelines.

1. Avoid spitting for 5 days to prevent bleeding on the surgical area.
2. Refrain from blowing your nose forcefully for 1 month to avoid pressure increase and potential rupture of the sinus membrane.
3. When you sneeze, try to do it with your mouth open to prevent any rupture of the sinus membrane.
4. Avoid physical exercise for 1 week.
5. Apply cold therapy for two days using an ice bag on your face.
6. After the third day, switch to hot therapy with a warm gel bag on your face.
7. On the day after surgery, consume a soft and cold diet (ice cream, jello, cold soup, pudding, etc.). For the following 3-6 days, maintain a soft diet (not hot or spicy). On the 7th day, you can resume a normal diet.
8. Continue your usual oral hygiene routine, using a soft dental brush over the incision and stitches. Avoid flossing for 8 days.
9. Refrain from smoking for two weeks, as it can significantly slow down the wound healing process.
10. Take all prescribed medications, even if you don't experience pain.
11. Do not use a straw.
12. Avoid direct sunlight for 3 days.
13. Do not consume alcohol for 1 week.
14. Hold gauze in place for 30 minutes.
15. Try not to talk for 1 hour.
16. When using mouthwash, do not swish it with cheek movement; instead, allow it to drain out.
17. Sutures will dissolve and come out on their own. Any threads or knots that cause discomfort may be cut off after two weeks.
18. Please refrain from using your temporary teeth for chewing or biting. These teeth are purely for aesthetic purposes and not meant for eating. Failure to comply with this rule may lead to implant failure and necessitate starting the process anew. After a healing period of 4 to 6 months, you will receive your final restorations, which will allow you to chew and bite normally.

Normal Situations

1. Mild mouth and nose bleeding (lasting no longer than 24 hours).
2. Mild discomfort or pain in the surgical area (can be controlled with medications).
3. Mild inflammation of the surgical area.
4. Numb sensation in the surgical area or surrounding areas.
5. Headache and neck pain.
6. Fatigue.
7. Bruising.
8. Dislodgement of blood clots.
9. If you had IV sedation, you may experience nausea, vomiting, headaches, dizziness, coldness, cough, and dry mouth.

Abnormal Situations (If any of these situations occur, please contact your doctor immediately.)

1. Moderate to severe bleeding lasting for more than 24 hours.
2. Presence of infection, indicated by fever and pus over the surgical area.
3. Experiencing moderate to severe pain that cannot be effectively managed with medications.