



# BUI FAMILY DENTISTRY

Alan Bui, DDS, FAGD  
Robert Sattler, DMD, MAGD

Phone: (215) 357-0476

Fax: (215) 357-2013

Email: [office@BuiFamilyDentistry.com](mailto:office@BuiFamilyDentistry.com)

## POST-OPERATIVE INSTRUCTIONS FOR ORAL SURGERY

### Immediately After Oral Surgery (First 24 Hours):

- Avoid disturbing the blood clot. Do NOT spit, rinse forcefully, use straws, smoke/vape, or drink alcohol. These actions create pressure that can dislodge the blood clot and cause dry socket, thereby delaying healing.
- Apply ice packs to the outside of the face (20 minutes on and off). Rest and keep your head elevated.
- Do not drink extremely hot or cold liquids. Avoid spicy foods, citrus juices, and foods that are hard, crunchy, crumbly, or sticky (such as toast, granola, chips, fruit snacks).
- Do not brush the surgical area.

**Pain and Medications** – Mild pain, tightness, or soreness is normal. If antibiotics are prescribed, take as directed and finish the entire course. Over the counter ibuprofen or acetaminophen should be used to address discomfort. For significant discomfort, take 400-600mg ibuprofen and 500-1000mg acetaminophen together then alternate every 6-8 hours as needed. Avoid ibuprofen if you have stomach ulcers, kidney disease, or are advised to avoid NSAIDs; avoid acetaminophen if you have liver disease. Please be advised that certain medications may reduce the effectiveness of oral contraceptives.

**Bleeding and Swelling** – Minor oozing is normal. However, if bleeding persists, please call the office. Swelling and bruising is also normal and usually peak at 48-72 hours. Call the office if swelling worsens after 72 hours or if swelling is accompanied by a fever.

**Diet** – It is important to maintain a nutritious diet during the healing period. Fluids and high-protein soft foods are encouraged (such as yogurt, eggs, mashed potatoes). However, any food is acceptable as comfort allows.

**Oral Hygiene** – After 24 hours, brush gently with a soft toothbrush. Rinse gently with warm saltwater or the prescribed mouthwash (StellaLife) three times a day for one week. Continue normal homecare procedures (including flossing) for the rest of your mouth.

### Please call the office for:

- Uncontrolled pain
- Excessive bleeding and swelling
- Fever

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## ADDITIONAL INFORMATION

### Regarding sutures:

- Dissolvable sutures will loosen and fall out on their own within 7-14 days.
- Do not pull on sutures, even if they feel loose.
- **Please call the office** if sutures fall out within the first few days and the surgical area opens.

### Regarding bone grafting:

- Initial healing (gum closure) usually takes 2-4 weeks. Complete bone healing usually takes 3-6 months.
- Do not dislodge the graft or membranes. It is normal to feel a few gritty or grainy particles. Sometimes you can feel small bone particles or splinters, which usually work their way out naturally.

### Regarding implant placement:

- Osseointegration (bone healing) usually takes 3-6 months.
- Avoid hard foods and pressure on the surgical area for 1 month.
- Maintain excellent oral hygiene around the surgical area by brushing and flossing the adjacent surfaces. Continue to rinse with the prescribed mouthwash (StellaLife).

### Sinus Precautions (sinus exposure or sinus augmentation):

- **For at least 10-14 days, sneeze with your mouth open and do NOT blow your nose.** Do NOT spit, rinse forcefully, use straws smoke/vape, or drink alcohol. Avoid heavy exertion. **These actions increase sinus pressure, which can cause infection or delay healing.**
- Ask your dentist whether a decongestant is recommended to help reduce sinus pressure.
- **Please call the office** if you feel air or fluid moving between your mouth and nose.

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