



ORAL & MAXILLOFACIAL SURGERY ASSOCIATES

## Hybrid Surgery Post-Op Instructions

1. Avoid rinsing your mouth or spitting today. Beginning tomorrow you may rinse with warm salt water (1/2 teaspoon salt to 1 cup warm water) every 2-3 hours for the first couple of days, then rinse after meals and at bedtime for the next two weeks. If you have been prescribed Peridex rinse, use as directed on the bottle. You may begin brushing your teeth today, staying away from the surgical site for the first few days.
2. **IF THE HEALING HYBRID WAS PLACED ON YOUR IMPLANTS TODAY, IT IS CRITICAL THAT YOU EAT SOFT FOODS ONLY FOR 10-12 WEEKS. FAILURE TO COMPLY MAY CAUSE FAILURE OF YOUR IMPLANTS.**
3. If a removable denture was placed, please leave it in place for 48-72 hours or until you see your dentist.
4. In some cases, swelling may occur and usually reaches its peak in 48-72 hours (2-3 days). Apply an ice bag to the side of the face 15 minutes on then 15 minutes off as often as possible for the first 48 hours (2 days), then change to a heating pad or hot water bottle 15 minutes on then 15 minutes off until swelling has receded.
5. Some discomfort is to be expected after surgery. Typically, the discomfort will gradually increase over the first 48-72 hours, and may last for several days.  
  
Please use your prescription medication as directed to control pain. You may also be able to use **Ibuprofen (Advil, Motrin) 600-800mg every 8 hours max 2400mg/day or 12 tabs** for up to one week in addition to your prescribed medications. Using ibuprofen on a regular schedule should decrease your need for the prescription pain medications. If you do not use prescription medication for pain, consider alternating **Acetaminophen (Tylenol) max dose 3000mg/day with Ibuprofen** for pain control.  
  
Prescription pain medication should always be taken with food. **NEVER** combine alcohol with pain medication.
6. Our office usually uses stitches that dissolve and fall out. Depending on the type used, this may occur within the first week (yellow/clear stitches) or 2-3 weeks (purple stitches).
7. If the healing hybrid becomes loose or you feel your bite has changed, please call us as soon as possible.
8. Bruising may occur. This is not uncommon and should disappear soon.
9. Keep lips moist with cream or Vaseline to prevent them from cracking.
10. Please keep the healing hybrid clean with light brushing, rinsing and use a Water Pik after week two between the gums and hybrid at least 4X/day. We will show you how to do this ([www.waterpik.com](http://www.waterpik.com)).
11. **NO SMOKING.** Smoking is known to cause failure of implants.
12. **NO DRIVING** or operating machinery for 12 hours following general anesthesia.
13. If any unusual symptoms occur, do not hesitate to call the office **207-772-4063**
14. If you have been prescribed an antibiotic and are currently on oral contraceptives, you should use an alternate method of birth control for the remainder of this cycle.
15. We strongly recommend a night guard after completion of the hybrid prosthesis.



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## POST OPERATIVE FOOD SUGGESTIONS

Soft foods should be eaten at meal times, if possible. Meals may have to be eaten five to six times daily in small portions.

Remember, it's best to eat foods that are lukewarm for the first 24 hours as food and drinks that are too hot can make surgery sites bleed.

It is best to avoid crunchy, hard foods like popcorn, nuts and chips for up two weeks following surgery.

Pancakes

Mashed Potatoes & Gravy

Chicken Noodle Soup or Any Noodle Soup & Saltines

Tomato Soup & Saltines

Macaroni & Cheese

Pasta & Butter

Oatmeal or Cream of Wheat

Scrambled Eggs & Biscuit

Spaghetti's

Ravioli

Chop Suey

Shepherd's Pie

Basic Polenta

Smooth Hummus

Cottage Cheese or Soft Cheeses

Blueberry Muffin

Smoothies

Apple sauce

Pudding/Chocolate Avocado Mousse

Ice Cream/Sherbet/Gelato

Shakes

Yogurt