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Periodontic Post – Operative Instructions

- 1) Avoid expectorating (spitting) for 24 hours since this may cause continued bleeding. Blood tinged saliva is usually apparent for a day.
- 2) Bleeding control: If the Doctor instructs you to maintain gauze pressure, do so for 45 minutes and then discard the gauze. Repeat the process for thirty minutes if bleeding continues.
- 3) Oral hygiene: Normal oral hygiene can continue for all areas which have not been surgically treated. Do not brush the area which had surgery until the Doctor gives you clearance. Follow the Doctor's instructions regarding any prescribed mouth rinses.
- 4) Swelling control: Some degree of swelling can be expected. For the first day use ice in a plastic bag at intervals of twenty minutes (20 minutes on and 20 minutes off). Warm compresses can be utilized for the next 48 hours if necessary.
- 5) Pain: Pain may be most severe the first day and diminish each day thereafter. Take prescribed pain medication as needed. Contact the office if a fever develops after 72 hours.
- 6) Prescriptions: **TAKE AS DIRECTED!!** If a non-inflammatory drug is prescribed (such as Motrin), take the medication for 2 to 3 days as directed regardless of pain or discomfort. Avoid alcohol and driving if the Doctor has given you stronger (narcotic) medication.
- 7) Periodontal Dressing (Pack): Attempt to keep this in place for the first few days. If the dressing comes off and the exposed surface is not sensitive, do not be concerned. If there is sensitivity, please call the office.
- 8) Diet: Soft and cold food such as ice cream, milk shakes, Jell-O, etc. is preferable for the first day following surgery. A more routine diet may be instituted following the first day dependent on your comfort. Avoid hot foods and liquids the first day as they may cause bleeding. Avoid excessively crunchy foods the first week.
- 9) Please do not take hot steamy showers, lift anything heavy, do aerobic exercising, or sip through a straw for 24 hours.
- 10) **For the patients that have a temporary crown on top of their implant: PLEASE DO NOT chew or bite down using the temporary crown. The temporary is there for cosmetic reasons only!!! The chance of an implant failing is greatly increased when it is used for function during the healing period (6-8 weeks).**
- 11) If you have any questions or there is anything that you don't understand, please feel free to call the office.
- 12) **DO NOT SMOKE FOLLOWING SURGERY!!!!**
- 13) **Happy Healing!!!!**