

POST-OP Instructions

www.osseofuse.com

Contents: This Side

- Introduction
- When You Need To Call Us
- Common Concerns
- Prescriptions
- Diet
- Periodontal Dressing
- Bleeding
- Swelling
- Bruising
- Fever
- Hygiene

Contents: Other Side

- Special Instructions
- Dental Implants
- 5 in 1 or Immediate Temporization Implants
- Periodontal Flag Surgery or Osseous Surgery
- Tooth Extraction Only
- Smile Gallery
- Thank You

Introduction

These care procedures reflect accepted practices when this guide was published. It is the reader's responsibility to stay informed of changes in care procedures.

Surgery has been performed to treat your periodontal disease. You have completed the first step in correcting this disease so that you may have healthy teeth and gums.

Please feel free to call us at the phone numbers provided on the back cover with any questions you may have.

When You Need To Call Us

- Excessive bleeding a day after surgery
- The pain gets significantly worse

**24-hour emergency
phone numbers.**

702-327-3812 (Nevada)

702-208-1249 (California)

**Medical emergency
please dial 911**



Common Concerns

- You may expect some discomfort
- If the periodontal dressing falls out it may be discarded
- It's normal to have some blood in your saliva for the first 2 to 3 days after surgery
- It's natural to see some swelling after the surgery
- Swelling may persist as long as 3-4 days after surgery
- You may run a fever for the first 24 hours after surgery

Prescriptions

- Antibiotics: take as directed
- Mouth Rinse: Begin the day after surgery 2X a day
- Pain Medications: Take one tablet every four (4) hours as needed. Take the tablet with soft food (such as mashed potatoes or oatmeal). Nausea and constipation are common side effects to the narcotic pain medications. It is normal to feel drowsy when taking narcotic pain pills. You may expect some discomfort, but not intolerable pain. If you are still uncomfortable even after taking a pain pill every 2 hours please call us.

Do not take any anti-depressants, drink alcohol, or drive while on this medication

Diet

For the first 24 hours, try to eat and drink cold foods only (milk shakes, yogurt, iced tea, ice cream, ice water, etc.)

Do not use a straw



Diet (cont.)

Allow the cold liquid to pass over the surgical area. Drink plenty of liquids (at least two 8 oz. glasses for each pain pill).

It is **OK** to eat prior to taking the pain medication. Start with “mushy” food, such as soup, mashed potatoes, yogurt, eggs or noodles. Anything that you can cut with a fork is fine. As a rule of thumb, if it hurts, do not eat it. Stay on a soft diet for 5-7 days after surgery. Avoid food containing small seeds, nuts, berries and especially popcorn.

Periodontal Dressing

The dressing, which appears as a pink gum cast that hardens in about 30 minutes, placed around the treated area acts as a bandage and is for comfort only. It is not essential. If it becomes dislodged, you may discard it without worry.



Bleeding

Some bleeding is normal following surgery, as the anesthetic begins to wear off. You should expect to see some oozing for 12-24 hours, and it is normal to have some blood in your saliva for the first two (2) to three (3) days after surgery. It will not hurt you to swallow it. In fact, it is advisable since spitting may prolong the bleeding. If your mouth fills rapidly with blood in just a few minutes, this could be considered a bleeding problem. Should this occur, do **NOT** rinse. To stop the bleeding, dampen a tea bag with cold water and place it over the area that is bleeding. Press firmly for 30 mins. If the bleeding does not stop, please call us.

Swelling

It's natural to see some swelling after the surgery. Keep your head slightly elevated and apply an ice pack to the outside of your face for 15 mins on, and 15 mins off for the next 24 hours, except while sleeping. You will not see the swelling on the first day. The ice pack is to minimize the swelling that usually occurs during the second day after surgery and continue using the ice pack for the next 2 days. After you notice this swelling you may use moist, warm packs on your face several times a day for up to 20 mins at a time.....

Swelling (cont.)

Most postoperative swelling may persist as long as 3-4 days. It is temporary and it will go away. If swelling persists for more than 5 days, but the pain is diminishing, this is normal. However, if the pain is increasing, this may be a sign of an infection, so please call our office.



Bruising

Bruising is normal after surgery and may occur anywhere from the eye(s) to the base of the neck depending upon the extent of procedure. In rare cases the bruising can extend to mid chest.

- The bruising may last up to 14 days.
- It is temporary and will eventually fade.

Fever

You may experience a slight feeling of weakness or a chill during the first 24 hours. It is also possible to run a low-grade fever. If it persists for more than 24 hours, please call us. Get plenty of rest the week after surgery and do not over exert yourself.



Hygiene

During the first 24 hours, you are not to rinse or spit, as this may disrupt the blood clot and cause further bleeding. After 24 hours, begin rinsing with the mouth rinse provided, two (2) times a day. As soon as you can tolerate it, usually the first day after surgery, you may begin to brush and floss your teeth and gums gently-

But not the surgical site

You should also brush your tongue. Remember, the cleaner you keep your mouth and gums, the faster they will heal and the better they will feel.

Special Instructions

- **Dental Implant(s)**
- **5 in 1 or Immediate Temporization Implants**
- **Soft Tissue Graft or Gingival Graft**
- **Periodontal Flap Surgery or Osseous Surgery**
- **Tooth Extraction Only**

Dental Implant(s)

1. Lower Jaw:

No special instructions , just follow the general POST-OP Instruction

2. Upper Jaw with sinus lift procedure:

Do not blow your nose for 2 weeks, if you have to sneeze, open your mouth wide to externalize the pressure.



5 in 1 or Immediate Temporization Implants

Do **not** eat hard foods; soft foods only.

Temporary teeth: They are there for looks only, if the temporary is in the front, do **not** use them to bite on a sandwich, pizza, cookies, etc...



5 in 1 or Immediate Temporization Implants

(cont.)

The material that temporary teeth are made of, by nature, is a weaker material.

Do **not** be concerned if they break, chip, or crack. You can schedule an appointment to have it repaired. Also, temporary teeth can stain easily from things such as coffee or mouth wash. This is normal and you need to come in for routine polishing.



Before



After

5 in 1 or Immediate Temporization Implants

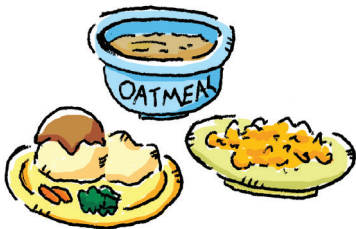
(cont.)

If you feel liquid in your nose, mouth or back of throat, do not panic. Please take your antibiotics as instructed.



Soft Tissue Graft or Gingival Graft

Please eat soft foods only, like oatmeal, mashed potatoes, scrambled eggs or soupy rice.



Soft Tissue Graft or Gingival Graft (cont.)

Do **not** play with the surgical dressing; the graft should not be moved for at least 3 days. Any small movements may cause the graft tissue to fail. Try to relax your chin or lip muscle as much as you can. Food may get trapped underneath the grafted site; this appears like a pouch. This is normal and temporary. Also, the grafted tissue may appear white like a pouch after 4 days. This is normal and no cause for alarm.

Periodontal Flag Surgery or Osseous Surgery

Just like the other surgeries, you will be seen in one week to remove the surgical dressing and you will be given **home care instructions.**



Tooth Extraction Only

Please bite on the gauze until the bleeding stops. Make sure the gauze you are biting on is moistened with water. Do **not** let the gauze dry. It's important to keep the blood clot. If there is no blood clot or you lose the blood clot, you will have a dry socket, please call the emergency # **immediately**.

If the pain is getting worse every day, then call the office or emergency #.



Tooth Extraction Only

(cont.)

If you are bleeding more than usual, wet a tea bag (Lipton or any other brand) and bite on it for 20 mins. The tannic acid from the tea will help clot the blood. If profuse bleeding continues, please call the office or emergency #.

A little blood mixed in your saliva is normal for the first 2-3 days. Do not expectorate(spit) hard. Let it dribble out if you feel the need to spit.



Smile Gallery



Before



After



Before



After



Before



After

Thank You

Although this surgery may seem like a very major undertaking, proper maintenance and regular visits to the Periodontist after healing are the most important factors in keeping your teeth and gums healthy.





Office: 888.446.9995

5023 North Parkway Calabasas, Calabasas, CA 91302