



PERIODONTAL THERAPY & DENTAL IMPLANTS

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POST OPERATIVE INSTRUCTIONS

❑ MEDICATION

Prescribed antibiotics are to be taken daily, as directed until all are gone. **Always take antibiotics with food.** Pain medication should be taken as prescribed when needed. **Take these capsules on a full stomach as they may occasionally upset an empty stomach.** Always read the label on your prescription and take medication as directed.

❑ ORAL HYGIENE

NO tooth brushing in the surgical area until sutures have been removed or recommended by our office. Rinse with warm salt water several times a day for 1 week.

❑ DIET

A soft diet is advisable for the first 48 hours for any surgery. **AVOID foods that are hard, crunchy, spicy, sticky, extremely hot and cold foods as they may injure healing tissues.** Please stay away from nuts, chips, seeds, etc. Avoid biting into toast, burritos, tacos, bagels, sandwiches, etc. Eat food that can be easily cut with a fork. Chew on non-surgical areas. Do not use straws for the first week.

❑ BLEEDING

A slight amount of post-surgery bleeding is normal. If bleeding persists, apply firm but gentle pressure directly to the site of bleeding with gauze or moistened tea bag for 5-10 minutes. If bleeding persists beyond 4-6 hours, please call our office.

❑ SWELLING

Swelling in a surgical site is normal. Bruising may also occur. This is not unusual. Swelling can be minimized by applying a cold pack gently to the face over the surgical area. Apply for 20 minutes, and remove 20 minutes, alternating until bedtime; for 3 days. Sleep with an extra pillow under your head for the first night or two to keep your head above heart level – this will help minimize bleeding and swelling.

❑ NO SMOKING

No smoking for the first 24 hours, please! The less you smoke the faster you will heal. Avoid smoking as much as you possibly can. This may be a good time to quit.

❑ SUTURES AND DRESSINGS

Gingival (gum) sutures will be removed one to two weeks after surgery. Please avoid touching sutures or surgical area while healing- be gentle. If dressing has been placed over the surgical area, avoid touching it. Don't be concerned if portions break off. The sutures will dissolve; in most cases.

PLEASE CALL

If problems arise, if you have any unfavorable reactions to your medication, or if you need additional information, do not hesitate to call the office. We're always available for you. **P: 619-226-4784**

For after-hours emergencies, please call: **Dr. Smith: (562) 896-8255**