



PERIODONTAL THERAPY & DENTAL IMPLANTS

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POST OPERATIVE INSTRUCTIONS FOR: OSSEOUS SURGERY, LANAP/LASER THERAPY

In order to minimize the possibility of infection or complications; it is necessary to follow these procedures:

- **DO NOT:** spit, drink through a straw, or vigorously swish
- **BLEEDING:** If the doctor places gauze, bite down using moderate pressure for the first 45 minutes. If you have continued bleeding, change the gauze and bite for an additional 45 minutes. When removing gauze, do so carefully. **MINOR** oozing is to be expected during the first 24 hours.
- **MEDICATION:** Please pick it up from your local pharmacy. Prescribed antibiotics are to be taken daily, as directed until all are gone. **Always take any medication and 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.** Softer food is recommended while still numb. Always read the label on your prescription and take medication as directed.
- **EATING:** Eat softer foods, such as yogurt, eggs, potatoes, soup or shakes **for 4 weeks. DO NOT USE A STRAW.** Avoid hard, crunchy, sticky foods, and carbonated beverages. Stay away from chips, nuts, seeds. Avoid biting into crunchy toast, hard tacos, bagels, sandwiches, etc. Eat foods that are soft enough to be cut with a spoon or fork.
- **ORAL HYGIENE:** **Do NOT** brush or floss the area of procedure until further notice. On the second day, **gently** rinse your mouth with warm salt water several times a day (½ tsp. Salt to 8 oz. warm water). You may use a Q-tip to **gently clean the teeth AROUND** the area. **DO NOT** attempt to clean the site with a toothpick, WaterPik, or any other device **for 4 weeks.**
- **NO SMOKING:** No smoking for at least the first 5 days, 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.
- **SWELLING:** Moderate swelling is not uncommon after oral surgery. Place an icepack on your face over the area for 10 minutes on, 10 minutes off. Continue this routine for the first 24 hours. Rest with your head elevated. **Gently** rinse your mouth with warm salt water several times a day (½ tsp salt to 8 oz. warm water). If swelling is present after the first day, place a warm compress on the outside of your cheek for 10 minutes on, 10 minutes off.
- Refrain from strenuous activity such as exercise, housework, or surfing for at least three days.
- **SUTURES AND DRESSINGS:** Gingival (gum) sutures will be removed two weeks after surgery. Please avoid touching sutures or surgical area while healing. 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.
- **FOR LANAP/LASER THERAPY:** Do not brush or "pick at" the clot that forms on the surgical site. Clotting is good, it is the initial "band-aid" that your body makes. This will come off on its own. Start the Peridex rinse 24 hours after your surgery if prescribed .
- Keep your follow up appointment as directed. If you have any questions or concerns, please call our office at (619) 226-4784. After hours, you can reach **Dr. Smith (562) 896 -8255**