

Postoperative Instructions

Periodontal Surgical Procedures/Dental Implants (Day 1 and Day 2 following surgery)

1. AVOID VIGORIOUS RINSING DAY 1 & DAY 2 (let area bathe in Listerine)

The day of surgery and day 2, you may allow Listerine to bathe area of surgery. If the Listerine is too strong, dilute with water. Absolutely NO SWISHING.

2. ICE

As directed; some procedures do not require ice. If so, apply ice packs to surgical areas for the first two days. Do not compromise this; 3 to 4 times a day for 20 minutes is sufficient. Ice helps dramatically to reduce swelling/pain for the first 24 hours.

3. SWELLING

May be greater today and persist into the 3rd day. The swelling is normal – don't be alarmed by it. Do NOT apply warm heat to the outside of your face, as this leads to greater swelling.

4. BRUSH

Brush the tops of the teeth and avoid brushing the tip of the gum line – surgical area. Mouthwash may be used if you like. Listerine is recommended and can be mixed with warm water. This will replace your toothbrush the 1st week.

5. DIET

Semi-soft diet (pasta, salads, fish, chicken). Yogurt will help to counteract the intestinal effect of antibiotics. Use common sense.

6. MEDICATIONS

Take medications as prescribed; they can be taken together without complication. See attached instruction sheet for medications. Medications can be taken along with your other regular prescriptions unless specified.

7. BLEEDING

You may have some seepage for the first 2 days. This is not unusual. If bleeding is more persistent, hold a clean gauze over the area with firm pressure for about 10 minutes. Do not rinse. If bleeding does not stop, call the office or reach the doctor.

8. PAIN/DISCOMFORT

If you have objectionable pain which medication does not relieve – call the office. Discomfort should be quite minimal.

9. EXERCISE

Absolutely no vigorous heavy cardiovascular workouts for 3 days and take it easy for the first week. If you start exercise, expect to have an increase in swelling and potential increase in discomfort.

10. SUTURES

We use two types of sutures, dissolvable and non-dissolvable. Dissolvable sutures will dissolve at different rates for different patients and can happen as quickly as day 2. This is not an emergency, and normal postsurgical activity.