

POST-OP INSTRUCTIONS FOR THE PATIENT AFTER PERIODONTAL/IMPLANT SURGERY

1. MEDICATION (will be called in 1 week prior to your surgical appointment)

Aside from some discomfort when the anesthesia wears off, you may expect some or no appreciable pain from the operation that was just performed.

If any adverse reaction to medication is noted, discontinue use and call the office as soon as possible

2. TOOTHBRUSHING AND RINSING

- ❖ In surgical area(s): Avoid gumline for first 3 days, only brushing the teeth (3x per day) with soft toothbrush given at appointment. After the 3rd day, use soft toothbrush given at appointment to brush teeth and along gumline 3x per day
- ❖ **Non-Surgical area:** Brush, floss, and use Water-Pik as **normal**
- ❖ Rinse with 10mL of Stella Life mouth rinse (this will be provided to you at your appointment) 3x's a day, 1 minute at a time for 2 weeks and continue use as normal mouth rinse after, until bottle is empty.

3. SWELLING

- ❖ Expect some swelling and bruising three to four days following the procedure
- ❖ With light pressure, apply an ice pack on the face 20 minutes on and 20 minutes off for up to two days following the surgical procedure

4. BLEEDING

- ❖ Expect a small amount of blood in your saliva
- ❖ If heavy bleeding occurs, rinse with hydrogen peroxide for 30 seconds and place a moistened teabag over area applying pressure on either side of the teeth for at least 15 minutes
- ❖ If bleeding continues, please call the office or Dr. Mugford/Dr. Bruce at the numbers listed below if it is after normal office hours

5. EATING

- ❖ Favor soft foods (Soup, yogurt, applesauce, pasta, ground beef, fish, etc. – Anything that can be cut up with the side of a fork) until your follow-up appointment
- ❖ Do not eat hard, chewy, or spicy foods (Nuts, popcorn, chips, etc.)
- ❖ Please avoid straws or anything that would cause negative pressure for at least 5 days after surgery

6. SMOKING

- ❖ Tobacco smoke is an irritant to healing tissue and you should refrain from smoking

7. ACTIVITY

- ❖ Avoid heavy lifting, aerobic exercising, sudden movements, bending, and strenuous activity for the first 3 days. When returning to normal activity, if any pressure, throbbing, or discomfort occurs in the surgical area(s), please refrain from activity

8. REMOVABLE DENTURES (IF APPLICABLE)

- ❖ Unless otherwise instructed, denture(s) should be worn as little as possible for the first week

9. SINUS LIFT PROCEDURE (IF APPLICABLE)

- ❖ Please refrain from blowing your nose until you are seen for your post-operative visit
- ❖ Bloody noses are not uncommon, recommend sleeping with towel on pillow and with a slight inclination