

**CARE FOLLOWING PERIODONTAL SURGERY OR IMPLANT SURGERY**

To insure your comfort and the success of treatment, we strongly suggest that the following instructions be carried out:

**1. WORK, EXERCISE & SEDATION: RETURN HOME IMMEDIATELY AND RELAX.** The sedative medicine takes some time to completely wear off, possibly as much as 24 hours. It is normal to feel drowsy or sleep during this period. Do not try to drive or operate any machinery for 12 hours as your reaction time is slowed. We suggest complete rest for the first 6-12 hours, as this will reduce discomfort, decrease swelling and speed healing. Work can be resumed the following day, but we suggest 2-3 days to allow for optimum healing. **DO NOT UNDERTAKE ANY STRENUOUS EXERCISE FOR AT LEAST 5 DAYS FOLLOWING YOUR SURGERY.**

**2. DIET: SOFT AND COOL** for the first 24 hours after surgery. We encourage you to restrict your diet to soft, nourishing foods, as this will aid in healing. It is advisable to chew only on the side opposite the surgery. Bland foods lacking high seasoning are less irritating and are encouraged during the healing phase as well. Some suggested foods: Dairy products, eggs, instant breakfast, ice cream, Jell-o, pudding, yogurt, milkshakes, blended or pureed foods, and/or dietary supplements (Ensure, Boost, etc.) A daily multi-vitamin supplement is also a good idea.

For 24 hours after surgery, hot food and drinks should be avoided because heat can cause swelling around the surgical site. **AN ICE PACK (or crushed ice in a zip-lock bag, covered with a thin towel) HELD ON THE LIP OR CHEEK OVER THE SURGICAL SITE FOR 20 MINUTES ON AND THEN 1 HOUR OFF WILL HELP REDUCE SWELLING (during the initial 24 hours).** If swelling appears to be increasing beyond the initial 72 hours please call our office.

**PLEASE DO NOT CONSUME ALCOHOLIC BEVERAGES WHILE TAKING PAIN MEDICATIONS, DO NOT CONSUME CITRUS FRUIT, CITRUS JUICES OR CARBONATED BEVERAGES UNTIL DIRECTED.**

**3. HOME CARE:** Plaque control procedures must not be neglected, even during the post-operative phase of the treatment. Beginning the day after surgery, all teeth not surgically treated must be brushed and flossed as you normally do. Toothpaste may be irritating to the healing tissues. **START THE PRESCRIPTION MOUTH RINSE THE FOLLOWING MORNING AFTER SURGERY.**

**4. MEDICATION:** Pain medication may or may not be prescribed depending on the severity of your surgical procedure. If it is not prescribed or if you do not need it, Ibuprofen (Advil) or Acetaminophen (Tylenol) may be used (2 tablets every 4 hours) will generally keep you comfortable. Do not take pain medication if it is not needed

In some cases, an antibiotic may also be prescribed to eliminate any chance of infection. It is imperative that you follow the directions on the label when taking antibiotic medication. Particularly, be certain that you take this medication as prescribed until finished.

Prescription pain medications are quite strong and consequently, to avoid mild symptoms of nausea, the medication should be taken with food. You should also avoid operating any mechanical devices while taking the prescription medication, as well as with any sedation given prior to surgery.

**5. GENERAL INFORMATION:** Problems which arise during your post-operative period, such as continued bleeding, persistent pain, abnormal swelling, etc. should be discussed with us. We also suggest that you elevate your head using 2 pillows during sleep for the first 36-48 hours after surgery. This will help reduce swelling. **DO NOT USE STRAWS, AND REFRAIN FROM SMOKING DURING THE INITIAL POST OPERATIVE PHASE.** Such activity can cause bleeding! Due to its slowing effect upon healing, it is advisable that you keep smoking to a bare minimum.

While this type of dental therapy is not enjoyable for anyone, following the instructions listed above is the best way we know to make the healing phase as pleasant as possible. Remember, our goal, as well as yours, is to retain your natural teeth in health and comfort. This surgical procedure is one important way to achieve this goal

**IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE.**