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Periodontics & Implants

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#### POSTOPERATIVE INSTRUCTIONS

1. A dressing has been placed over the operated area to protect it while it is healing. A sizeable portion of dressing may break off or become loose within a few days; this is not unusual. However, if it should be uncomfortable, please call the office.
2. EATING: Soft or semi-solid foods are suggested for the first few days. Avoid hot liquids for the first 24 hours. No meat more fibrous than hamburgers, and nothing too hard or too chewy. Please try to eat on other side of the mouth. Certain fruit juices, such as orange juice and highly seasoned foods or spices may be uncomfortable and should be avoided. To avoid an UPSET STOMACH, you should not keep an empty stomach.
3. Brush teeth as usual, but NOT the area covered with dressing. Avoid excessive rinsing or vigorous swishing which may displace the dressing.
4. You may follow your regular daily activities, avoid excessive exertion of any kind.
5. Some swelling and temporary loosening of teeth may be expected, and may last for several days. Apply ice packs to the face 20 minutes on 20 minutes off, for the 1st 3 hours. DO NOT USE HEAT
6. Mild pain can be controlled with 2 Tylenol or any non-aspirin pain reliever every 4 hours. If a specific pain reliever has been prescribed, only take as many pills as necessary.
7. If an antibiotic has been prescribed, be sure to take ALL the capsules as directed.
8. BLEEDING: A slight amount of blood in the saliva is normal during the first day. If bleeding persists, take a piece of gauze rolled up, or a tea bag moistened in cold water and place it firmly against bleeding area and maintain firm pressure for at least 20 Minutes, without examining it.
9. If any other problems or questions arise, do not hesitate to call our office.
10. SENSITIVITY: Root sensitivity to touch, hot, cold, and sweets may persist for a while after the tissue heal. Careful brushing is the best way of eliminating these sensitivities.