

Periodontics & Dental Implant Surgery

Home Care

- It is important to complete careful brushing and flossing in all areas of the mouth EXCEPT the area of surgery.
- If you had a Connective Tissue Graft DO NOT brush the grafted area until we evaluate healing at your first follow-up visit.
- Start the prescription mouth rinse 10 days to 2 weeks following the post-op appointment.
- You are not to begin brushing the surgery site until we check for healing at your first follow-up visit.

Activity

- Avoid strenuous physical activity, i.e. contact sports, weight lifting, running, swimming, etc. for 48 hours following your procedure.
- Get plenty of rest and resume normal activity, as you are comfortable.
- 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.

Smoking

- Do NOT smoke for the first 24 hours after your procedure.
- Smoking irritates the gums and retards the healing process.
- Try to reduce the amount of smoking for two weeks after your procedure.

Diet

Do not eat any foods that require chewing until anesthesia has completely worn off.

We suggest that you restrict your diet to soft, nourishing foods, Drink plenty of liquids. Maintaining this diet after your procedure is important for proper healing. Chew on the opposite side of your mouth and avoid extremely hard, hot, and spicy foods. You will be more comfortable eating soft foods for the next week. Foods that minimize the need for chewing before swallowing will be best.

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.

- DO NOT drink through straws
- DO NOT drink carbonated beverages or juices
- DO NOT eat popcorn

Antibiotics

If antibiotics were been prescribed, depending on your procedure, it is very important to take antibiotics as directed.

Bleeding

- A slight amount of bleeding 24 - 48 hours following your procedure is normal. Do NOT rinse your mouth vigorously, suck through a straw, eat or drink extremely hot foods or use carbonated beverages for the first week following your surgery as these can disrupt the blood clotting and cause delayed healing.
- If excessive bleeding occurs, take a moist tea bag or gauze and hold with firm pressure over the bleeding site for 20 minutes. Drinking ice water or sucking on ice cubes will also help slow bleeding.
- If bleeding persists please call our office.

Sensitivity

- You may experience increased sensitivity to cold or hot liquids, air, and foods. Your teeth may also feel more sensitive when you brush, floss, or while chewing.
- It is important to clean your teeth as directed, avoid tartar control and whitening toothpaste and use the sensitivity toothpaste provided (if you were given one). Most procedures do not require this.
- This sensitivity may last a few weeks and then subside. If your teeth remain sensitive please let us know.

Pain

- Some discomfort may be present once the local anesthesia wears off. If pain medications have been prescribed, take as directed.
- Do NOT drink alcohol while taking pain medications.
- You may experience increased soreness 3-4 days following your procedure. Take pain medications as needed. If your prescriptions are not keeping you comfortable please call our office.

Bruising and Swelling

- 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.
- It is important to eat and drink ice cold foods and beverages for the first 24 hours to minimize bruising and swelling.
- Slight swelling and bruising of your gums and sometimes face is normal. If your gums change color from whitish gray to bluish purple this is a normal part of healing and should not be a concern. If you experience swelling accompanied by fever, a bad odor, or pain that intensifies and is not relieved by pain medications please call our office.

Sutures

- If sutures (stitches) were used for your procedure they will need to be removed by our office in 7 to 10 days depending on your individual case. Do not remove your own sutures as they can compromise healing.
- Different types of sutures are used for different procedures and surgical locations.
- Follow-up visits are important to ensure proper healing.
- Rinse with warm salt water to remove debris. (1/2 teaspoon salt to 8 ounces of warm water.)
- If periodontal packing was used this sometimes comes out on its own. When it falls out discard it and begin cleaning the area as directed.