



## POST SURGICAL INSTRUCTIONS

We care about you and the success of your surgery. For optimal results, your post-surgical cooperation is important. If you have any questions regarding these instructions after you leave the office please feel free to give us a call so we can walk you through any areas of uncertainty.

**ACTIVITY:** Rest is essential for successful recovery.

- **First 24 hours: Rest!** The doctors recommend inactivity for the first 24 hours. You may read, watch television, or work from your desk at home. When sleeping elevate your head to reduce swelling.
- **After 24 hours:** You may return to normal daily activities but limit your energy expenditure. Specifically, try to avoid running, heavy lifting, or strenuous physical activities that could elevate your heart rate for one week following surgery.

**BLEEDING:** After most surgical procedures, it is normal to have blood in your saliva. You may experience minor oozing for up to 48 hours after surgery. However, if bleeding continues or becomes more profound, apply pressure in the area with damp gauze for 30 minutes. You may also substitute gauze with a warm, wetted tea bag as the tannic acid in tea may help stop the bleeding. If heavy bleeding persists, contact us immediately.

**DIET:** Eat nourishing foods that are soft and cool for the first 24-48 hours. (For example, blended fruits and vegetables, cottage cheese, instant breakfast, applesauce, yogurt, etc.) **Do not chew directly in the area of the procedure for the first two weeks** and avoid gum, hard or sticky foods, and foods with small seeds. In general, try and avoid eating anything that could traumatize and injure the surgical site. **DO NOT SKIP MEALS** as regular nourishment is essential to quicker healing and minimizing discomfort.

- **Following implant surgery:** If a crown or a temporary post is placed on the implant do not chew intentionally with it for 2 months (as this is the critical time period for your bone to fuse to the implant forming a solid connection). A temporary is only placed only for improved aesthetics and establishing the contours of the gum tissue during healing.

**FLUIDS:** Drink plenty of fluids for the next few days to stay hydrated. **Avoid drinking through straws or causing any suction to mouth** for the first 72 hours following surgery as suction forces in the mouth encourage bleeding.

**HEMOCARE: A clean mouth heals faster!** For optimal healing it is critical to continue excellent oral hygiene practices in all **non-surgical sites** to keep the bacterial load in your mouth low. However, **do not brush the surgical site until instructed. Starting the evening following your surgery, use the prescribed rinse morning and night gently rinsing for 30 seconds** (after brushing and flossing the all teeth outside the surgical area). To get the maximum benefit of the prescribed mouthrinse avoid eating or drinking anything for 30 minutes after rinsing. In addition, you may gently rinse your mouth with warm salt water (1/4 tsp. to 8 oz water) after each meal (\*do not use salt water if you have hypertension). Avoid any vigorous rinsing for the first 48 hours. Rest assured it is normal for teeth in the surgical site to be sensitive to hot and cold following surgery. If this occurs, try and continue brushing and flossing as much as possible and switch to using Sensodyne toothpaste.

**MEDICATIONS:** Take your prescriptions as instructed by your doctor. If at anytime you develop a fever or a rash, contact us immediately.

- **Antibiotics:** Start taking your prescribed antibiotic the night before your scheduled surgery. Take the antibiotic as prescribed on the bottle until it is gone. Premature termination of the antibiotic can cause

bacterial resistance and infection at the surgical site. Women on birth control pills should use alternative contraception while taking antibiotics.

- **Pain medications:** We recommend you take the prescribed Non-Steroidal Anti-Inflammatory Drug (such as **Anaprox DS, Ibuprofen, Aleve**, etc.) the morning of your surgery. If you are taking a narcotic post surgery (such as Vicodin, Percoset, etc.), avoid alcohol and do not drive or operate heavy equipment. **To best control post-operative discomfort, take the prescribed pain medication before the numbness wears off and continue to take as directed for the first 48 hours.**

**SMOKING:** Smoking is detrimental to healing tissues and will negatively impact your surgical results. If smoking cessation is not a realistic option for you, please refrain from smoking for at least 72 hours prior to and 3 weeks following surgery as studies have shown that this will improve long-term results.

**SUTURES and/or PERIODONTAL DRESSING:** If stitches or a periodontal dressing was placed we will likely remove them at your post-op visit in approximately 2 weeks. Rest assured it is normal for sutures or dressing to become loose during this time frame as many materials we use dissolve on their own. If you have a periodontal dressing and it falls out (even as soon as the evening of your surgery), throw it away and don't worry.

**SWELLING and BRUISING:** Swelling and mild bruising is often normal following periodontal surgery. This process typically peaks 3-4 days post surgery and lasts 1-2 weeks. To minimize swelling, place an ice pack on the outside of your cheek adjacent to the surgical site as soon as you leave our office. Apply the pack for 10 minutes to the site, then rest for 10 minutes (with no ice), for 2-3 hours. Continue icing for the first 24 hours. If you experience swelling after 24 hours, switch to warm packs to increase circulation.

*It is our sincere mission and desire that you are as comfortable as possible following surgery. If you should have any problems or questions please call our office 248-901-0000. For after hours emergencies please feel free to call your doctor on his/her personal cell:*

*Abbey Sayed: 248.763.9220*