

Post-Surgical Instructions for Periodontal & Implant Surgery

Babak Noohi, DDS, MS, PLLC

CAPITOL HILL DENTISTRY

THESE INSTRUCTIONS ARE FOR YOU. PLEASE READ AND FOLLOW CAREFULLY.

In order to obtain the desired result from therapy and minimize swelling and discomfort please follow these instructions:

As the anesthesia wears off, you may have some discomfort. The medication labeled **Motrin 800mg** has been prescribed for you. Take it as directed. DO NOT substitute aspirin or other medications.

An antibiotic labeled _____ has been prescribed for you. It is absolutely essential to take all the pills as directed on the prescription label. For female patients, antibiotics can affect oral contraceptives, use other recommended measures for at least a month. If an allergic reaction (itching, rash or hives) or adverse reaction develops, stop the medication and call me immediately to replace your medication.

Swelling and Bruising may occur during the first or second day and usually reaches its maximum 24 to 36 hours after the surgical procedure. It begins to subside on the third or fourth day and is usually resolved by the end of the first week. Increased swelling after the fourth or fifth day may be an indication of infection rather than postsurgical edema, in which case you must contact Dr. Noohi for further instructions.

To minimize swelling and pain:

DO apply ice to your face in the area of surgery for 20 min. on followed by 20 min. off, for the remaining of the day after the surgery only. DO NOT use ice next day. If you had periodontal surgery, ice or ice chips held in the mouth will also help minimize swelling and discomfort. Soreness for the first few days is normal.

A small amount of blood in your saliva is normal during the first couple of days. Excessive bleeding (which cannot be stopped and fills up your mouth) is not normal. If excessive bleeding occurs,
1. Stop rinsing. 2. Sit up in a chair (do not lie down). 3. Place a moistened gauze or a moist tea (black) bag to the area for 30 min. 4. If bleeding still continues, call me at my cell phone.

DO brush the teeth that were not involved in surgery. If Peridex is prescribed use it every 12 hours, it may stain your teeth if used more than 4 weeks, however, the stains can be cleaned off by regular in-office cleaning.

If you've had surgeries on both sides of your jaws, for the first week, you should eat a soft diet or food that does not require a lot of chewing. You may choose soups, milkshakes, and food supplements such as instant breakfast. Avoid hot or spicy food. Nutrition is important for optimum healing. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor. DO NOT eat hard foods such as nuts, shell food, popcorn, and seeds (on the surgical side).

If a dressing was placed over the surgical site, its purpose is to act as a bandage; however it is not a mandatory step. Occasionally part or all of the dressing may fall off. If it does happen don't worry. If you have a removable denture, follow up with Dr. Noohi, whether to wear it or not.

DO relax after the surgery with your head elevated and ice on the surgical site for the first 24 hours only.

Do not rinse, spit or use a straw for 24 hours after surgery.

DO NOT run, swim, or do any extraneous exercise 3-4 days after the surgery. DO NOT smoke or drink alcohol for a week after the surgery. Please be aware that smoking should be avoided for two weeks if you can. Smoking, beside many side effects, significantly delays the healing process, and is a risk factor for implant & periodontal surgeries.

Call me if you experience: excessive bleeding which cannot be stopped after 20 minutes. Pain that is not controlled by prescribed drugs. Fever or allergic reaction to medication.

I am available 24/7 for you, if you consider it to be an emergency and anything outside of normal recovery. You can reach me at (917-7631347 is my mobile phone)

Your next appointment is in 7-14 days for evaluation and suture removal.

