



FIANDACA PERIODONTICS

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A Practice Limited to Periodontics
· Dental Implants · Oral Medicine

Post-Surgical Care Instructions

You have just undergone a surgical procedure and can expect a number of normal post-operative events to occur. By following these instructions, your recovery can be made more comfortable.

DISCOMFORT: You may experience discomfort as the anesthesia wears off. Take the medicine we prescribed to you through this period of discomfort. **If you should experience any appreciable pain from the procedure just performed, please call our office.**

BLEEDING: In the next few days after the surgical procedure and/or dental implant, you may experience occasional blood stains in your saliva. This is not unusual and will correct itself. If the bleeding becomes heavy, take a piece of sterile gauze and wet it. Apply the gauze to both sides of the bandage or dental implant, pinching it under gentle pressure without releasing for 20 minutes. For a tooth extraction, fold 2 pieces of gauze in half and in half again and then wet it. Apply gentle pressure without releasing for 20 minutes. You can also use a tea bag instead of the gauze with the same guidelines to control bleeding. **Please try to avoid heavy rinsing, spitting and drinking with a straw.**

SWELLING: Swelling is normal after any surgical procedure. **Place an ice pack over the treated area as soon as you arrive home.** Keep the ice pack on for 15 minutes then rest for 15 minutes. Repeat this cycle as much as possible for the first 24 hours.

DRESSING: A periodontal dressing has been put in place to protect the surgical area and to keep you comfortable. A tooth extraction and/or dental implant are usually not covered by a bandage. You should avoid brushing the surgical area and should rinse gently with mouthwash. If the bandage should become loose or fall out and you feel comfortable, then continue to avoid brushing the surgical area and we will see you at the scheduled suture removal appointment. However, **if you feel uncomfortable with the bandage off then please call us for assistance.**

DIET: A careful diet of softer foods can be started the day of the surgery. **Please drink plenty of liquids and do not attempt to eat any crunchy foods** for the first week of healing. If you had a dental implant, remember you are not to chew on the side of the dental implant for 8 weeks.

REST: **Rest as much as possible for the first 24 hours; no heavy lifting or exercise.** It helps when lying flat to elevate your head with at least two pillows.

ORAL HYGIENE: Remember, **a clean mouth promotes healing.** You still need to brush the rest of your mouth avoiding the surgical area. Rinse the surgical area gently with an **antiseptic mouthwash** at least twice a day to keep it clean.

If you ever experience anything questionable before your next visit, please do not hesitate to call our office. **We are here to help you!!**