

POST OPERATIVE INSTRUCTIONS FOR DENTAL IMPLANT AND PERIODONTAL SURGERY

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WHAT YOU CAN EXPECT AFTER GUM OR IMPLANT SURGERY?

It is essential that you follow these instructions to insure the maximum prognosis of healing.

DO NOT chew on the side of the mouth which has had the surgery.

DO NOT SMOKE for 48 hours.

DO NOT brush the area on which the pack is placed.

DO NOT eat spicy or excessively hot foods.

DO NOT eat hard, crunchy food in the area where the implant was placed or surgery was performed.

DO NOT be alarmed if any of the following occur:

- Slight bleeding
- Moderate swelling
- Moderate discomfort
- A medicinal taste

DO NOT use Listerine. Only use mouthwash prescribed by your dentist.

DO take your medicine as prescribed.

If you had periodontal surgery: The surgical pack is placed in the area to prevent trauma. Do not brush the area where the packing material is placed. If the pack falls out within two days of your surgery, please call the office, but do not be alarmed if small pieces falls out.

Swelling may possibly occur. To keep this to a minimum do the following:

- Take Motrin every 4-6 hours as prescribed for the first 48 hours whether you think you need it or not.
- Gently place an ice pack on the outside of the face for 10 minutes out of each hour for the next 24 hours.

The majority of swelling occurs 24 to 48 hours after surgery. It is difficult to get swelling down once it has occurred, therefore, we attempt to prevent it.

Oozing of blood will appear to be greatly exaggerated when it dissolves in saliva. Determine the site of oozing and place pressure in that area with a moistened teabag for 30 minutes. When resting, elevate your head with an extra pillow.

Starting the day after surgery: Rinse the area three times a day with warm salt water rinses (1 tsp. salt to an 8 oz. glass of warm water) for the following week to keep it clean.

Continue your home care for the rest of the mouth, but avoid contact with the pack.
Special home care instructions will be given when the pack is removed.

F.Y.I.....

There is evidence that a diet rich in calcium, vitamin A or Beta Carotene, vitamin B-12 or Folic Acid and Zinc, either through diet or supplements help:

- ❖ Enhance the immune system
- ❖ Aid in wound healing
- ❖ Fight viruses and bacteria
- ❖ Maintain bone health
- ❖ Reduce inflammation
- ❖ Protect against tissue damage

Please call the office immediately if any of the following occur:

- ❖ Excessive bleeding
- ❖ Pain is not controlled by prescribed medications
- ❖ Fever occurs
- ❖ Excessive swelling

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