



## PERIODONTAL POST-OPERATIVE INSTRUCTIONS

### General Instructions

- On the day of surgery, avoid exercise, forceful coughing, and drinking through a straw for **24 hours**.
- While lips and tongue are numb, avoid eating, do not bite them, and do not push on the protective dressing that may be present.
- The following day use the prescribed chlorhexidine rinse twice daily according to the instructions. If no rinse was prescribed for you, use warm salt water (1/2 tsp. salt dissolved in 8 oz of warm water) to lightly rinse after each meal and before bedtime.
- Start flossing and brushing the areas **NOT** treated on the day following surgery.
- **DO NOT** use water spray devices.
- Refrain from drinking alcoholic and carbonated beverages or smoking for **at least 48 hours** following surgery.

### Pain/Swelling

- Swelling in the area of surgery, the cheek, and part of the neck can be expected. If the swelling is not decreasing after 3 days or should it increase any time after 3 days, please call the office. Following surgery, an ice pack should be applied to your face over the treated areas. Use the ice pack on for 20 minutes and off for 15 minutes **for the first 3 days**. This will help minimize pain and swelling.
- Swelling does **NOT** indicate infection. However, if you see pus at the site, or start to notice a bad taste in your mouth, please call the office.
- Avoid clenching and grinding the teeth, as pressure can cause pain. Please report any uncontrollable pain to the office so corrective measure can be taken. Use the prescribed pain medication as directed to relieve any discomfort. If the medication does not control the pain or should the pain increase in severity after 2-3 days, please call the office.

### Bleeding

- Slow oozing is normal for several hours after the procedure. One drop of blood will color saliva a light red color; this is not anything to worry about. Cold, strong iced tea or ice water held in the mouth will help reduce this problem.
  - If you find clots of blood, or if bleeding is excessive:
    - Apply dry gauze or a tea bag moistened in water to both sides of the bleeding area and hold pressure for about 30 minutes.
- AND –
- Place an ice bag against the cheek or jaw, sit up in bed, or prop your head up with 3-4 pillows.
  - If bleeding continues, call the office or cell number listed at the end of the page.

### Medications

- If you are prescribed pain medication with narcotics (i.e. Vicodin, Lortab, Norco etc.), **DO NOT** drive or work near any dangerous machinery while taking the medication.
- **DO NOT** drink alcoholic beverages while taking any narcotic medications.
- Use prescribed medication as directed only.
- If antibiotics are prescribed, take them as directed until **ALL** have been taken. **DO NOT** take milk or calcium tablets within two hours of taking antibiotics.
- If you experience a rash, itching, dizziness, or nausea, discontinue the medication and call the office immediately.
- If you use birth control pills and an antibiotic has been prescribed for you, **YOU MUST PRACTICE OTHER METHODS OF BIRTH CONTROL**, as some antibiotics have been shown to decrease the effectiveness of birth control pills.
- **After finishing** the course of antibiotics, drink buttermilk or eat yogurt for several days to replenish important bacteria in your digestive system.

### Diet

- **Adequate nutrition is essential for normal healing.** Fresh vegetables or fruits can be liquefied in a blender to avoid pressures of chewing. Meal replacement shakes are good ways to supplement your diet during healing and are available at any grocery store. Eggs, macaroni and cheese, hamburger, and other meats ground in a blender are excellent soft foods.
- **DO NOT** miss meals, as pain and delayed healing may result.
- **AVOID** very hot or very cold foods as the teeth and gums may be sensitive.
- Stay away from peanuts, chips, popcorn, and other crunchy foods that may damage the surgery site.

### Loss of Protective Dressing/Sutures

- If a protective dressing was placed and a small portion breaks or chips off, and you are not uncomfortable, do not be concerned. If a large piece should break off, or if the dressing feels loose, please call the office. **Unless you are in pain, loose or a lost dressing is not a critical situation** and can wait to be taken care of during normal office hours.
- Most sutures dissolve on their own. If non-dissolving sutures are used, we will remove them when the tissues are adequately healed. **If some sutures feel loose, this is not a critical situation**, and they will be adjusted/removed at your next follow-up appointment.

### Appointments to expect after implant surgery:

**1-week appointment:** Post-Operative visit

**6-8 weeks appointment:** Follow up X-Ray and Post-Operative appointment

**4-6-month Coordinated appointment:** Dr. Duong will test strength of implant(s) and take x ray. You will then go directly to your general dentist for impressions for the lab to make your implant crown. (This will be the final step.)

**If you have any other questions, please call! We are here to help!**

In the case of an emergency, you may call:

Mylinh Duong DDS • Cell: (214) 586-0244