

INSTRUCTIONS FOLLOWING ORAL, PERIODONTAL & IMPLANT SURGERY

Do not hesitate to call our office if you have any doubt regarding the following instructions.

1. Keep fingers and tongue away from the tooth socket or operative site. **DO NOT SMOKE** for 3 days following surgery. Smoking greatly increases the chances of dry socket.
2. **EATING:** Do not rinse your mouth for 24 hours. You may drink lukewarm or cool liquids immediately but do not use a straw. Restrict your diet to soft foods; a regular diet can usually be resumed in 4-5 days.
3. **ORAL HYGIENE:** Providing that no bleeding is evident, oral hygiene should be resumed 24 hours after surgery. Salt water rinses can be started 24 hours after surgery after each meal. Avoid brushing near the surgical site for the first four days, then brush very gently to remove debris.
4. **BLEEDING:** It is normal for the saliva to be lightly streaked with blood for a few days. If bleeding is present place folded moistened cotton gauze directly against the surgical site and apply firm pressure for 20 minutes. The less frequent the gauze is changed the better. Do not spit out. In an emergency a moistened tea bag may be substituted for the gauze pad. Do not rinse your mouth for 12 hours after the bleeding has stopped. **Call the office if excessive bleeding cannot be controlled with above methods.**
5. **SWELLING:** Swelling can be expected in certain cases, reaching its maximum in 2 to 3 days, than disappearing in 4 to 5 days. An ice bag or cold compress may be applied to the outside of the face next to surgical site: 20 minutes on and every hour while awake. This helps swelling and relieves some discomfort.
6. **HEAT:** If there has been swelling or bruising you may apply mild heat using a hot water bottle or heating pad. This should be commenced 3 days after surgery.
7. **PAIN:** At the doctor's discretion a prescription for pain medication will be given. Do not take any other pain medication while taking these tablets unless you have been specifically asked to by the doctor. Do not drink alcohol while on prescription drugs. Some pain medication may cause drowsiness; do not take them if driving or operating heavy machinery or doing anything requiring concentration.
8. **INFECTION:** When antibiotics are prescribed they must be taken as directed. If you experience an adverse reaction such as itching, rash, hives, swelling or difficulty breathing; stop taking the medication and inform our office
9. **EXERCISE:** It is best to avoid exercise and strenuous activity for the first 2-3 days post-operatively, or until you begin to feel up to it. Exercise or strenuous activity will raise your blood pressure and may bring on bleeding during the first 24-48 hours after surgery.

10. **CONGESTION:** When removing upper teeth you may experience nasal or sinus congestion. If this is the case you must avoid vigorous nose blowing for three days, avoid drinking with a straw, and phone the office for a decongestant.