

Post-Surgical Instructions for Periodontal and Implant Surgery

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. Please take the medications as prescribed for pain. Some side effects do include drowsiness and stomach upset. Please take medications as needed. **Do not** substitute aspirin or other medications.
- Swelling and bruising may occur during the first few days. To minimize the swelling and pain, **APPLY ice** to your face in the area of surgery for 10 minutes on and 10 minutes off. This should be done for the rest of the day. If medications are prescribed, please take as directed. Bruising may occur. This is NORMAL. The marks will disappear on their own. There is nothing you or I can do.
- **Do not RINSE, SPIT, or DRINK through a STRAW. If you sneeze, sneeze with your mouth open. DO NOT PINCH YOUR NOSE for 48 hours.**
- A **small amount of blood in your saliva is normal** during the first few days. Try not to bend over. Keep your head elevated and sleep with a towel under your head incase bleeding occurs. Excessive bleeding is not normal. If excessive bleeding occurs, 1. stop rinsing, 2. sit up in a chair (do not lie down), 3. Place moistened gauze or a moist tea bag to the area for 20 minutes with pressure. Sometimes holding cold water in the area will help. Do this 3 times. If bleeding continues, please contact me.
- Do clean the teeth that were not involved in surgery. **Do not brush the area that had the surgery for 2 days.** Swab gently with prescription rinse chlorhexidine in surgical area for 14 days.
- Eat a soft, liquid diet. Eat in the side that did not have the surgery. Avoid hot and spicy food. Do not eat seeds, nuts, popcorn, shell food or any chewable, sticky foods for at least 14 days. You may choose soups, shakes, Ensure supplements, oatmeal, mas potatoes, bread, scrambled eggs etc. Nutrition is important for optimum healing.
- **Do relax after surgery.** Do not smoke, exercise or do any strenuous work for at least three days after surgery.
- If an antibiotic is prescribed, PLEASE take as directed. It is **absolutely essential** to take all the pills as directed. Try to take them one hour before or one hour after meals. Do not take them with milk or dairy products. Avoid sunbathing while taking antibiotics. Antibiotics can affect oral contraceptives and may render the oral contraceptive ineffective during the course of antibiotic treatment. **If an allergic reaction (itching, rash or hives) develops, stop taking the medications and call me IMMEDIATELY.**

Emergency Telephone #: 516-885-0515- Dr Mittle