

Post-Operative Care

For Periodontal and Implant Procedures

Home Care

Avoid hot fluids, rinsing, spitting, smoking, alcohol, or using a straw for the first 24 hours. Follow normal daily activities, but avoid excessive physical exertion for first few days. This can disrupt the healing process and cause discomfort or bleeding.

You may eat most food, but avoid extreme temperatures and hard foods. For example: Seeds, nuts, granola, and other food that breaks into small pieces for 2 weeks.

Starting 24 hours after surgery, rinse gently with salt water or prescribed mouth wash twice a day. Avoid brushing and flossing the area of surgery for 2 weeks or until otherwise instructed.

Pain Management

Tylenol or Ibuprofen should relieve the discomfort for most procedures. Pain medication should be taken every 6-8 hours as needed. If antibiotics are given, take according to directions and finish the entire prescription. Consider taking probiotics with the antibiotics.

Bleeding

Continue to bite on gauze until bleeding stops. Change gauze every 15 minutes. Roll several pieces of gauze, place over surgical site, and close keeping pressure on the area. Once bleeding stops, you may take the gauze out. If bleeding continues, apply a moist black teabag (Lipton) and pressure for 20-30 minutes and repeat as needed. Place a towel on your pillow at night for the first night.

Swelling

Apply an ice pack to the outside of the face for 15 minutes and take off for 15 minutes for the remainder of the day. Swelling will peak 2-3 days following surgery. Swelling and bruising are normal. Arnica ointment can be used for bruising.

Emergencies

If there is excessive pain or prolonged bleeding, please call the office. If for any reason you cannot reach the office, please go to any hospital emergency room.