



Wells Family Dental Group (919) 266-5332

## **POSTOPERATIVE INSTRUCTIONS FOLLOWING DENTAL IMPLANT AND PERIODONTAL SURGERY**

### **1. Medications/Prescriptions:**

If an antibiotic is prescribed, it is to be taken until finished. It is important to take your pain medication prior to discomfort. Pain medication is to be taken as instructed on the bottle. Be sure to eat prior to taking pain medication. Not eating can result in nausea and vomiting. No driving when taking narcotic pain medication. After the first 24-72 hours you may switch to over the counter pain medication. If you should develop a rash, itching, difficulty breathing, wheezing, nasal congestion or swelling around the eyes not related to the surgery stop taking all pain medications and notify our office immediately. **ATTENTION:** All female patients utilizing birth control pills, please be advised that if the doctor prescribes the use of antibiotics an alternative form of birth control must be utilized during that period of time.

### **2. Bleeding:**

Gauze was placed over the surgical site so that it serves as a pressure bandage when you bite down. Replace the gauze hourly to control the bleeding if necessary. Remove the gauze when eating or taking medications. Placing a moistened tea bag over the surgical site for one hour while applying pressure is another method of controlling excessive bleeding. A small amount of oozing is normal. Pink or blood tinged saliva may be present for 12-48 hours. You may wish to cover your pillow with a towel to avoid any staining that may occur. For the first 24-48 hours it's a good idea to keep your head elevated with two or more pillows.

### **3. Eating:**

For the first 24 hours it is recommended that you eat cold/soft foods. Suggestions: ice cream, jello, puddings, yogurt, cottage cheese, milkshakes, applesauce. For the next four days, follow a soft diet (eggs, mashed potatoes, pasta). Drink more fluids than you usually would. This is not the time to lose weight; proper nutrition is very necessary for healing.

### **4. Swelling:**

Some swelling after surgery is normal; don't be alarmed. It takes three days for surgical swelling to reach its peak before subsiding. Ice packs are used to reduce swelling and produce a local numbness immediately after surgery. Ice packs should be applied the first 24 hours after surgery. Plastic bags filled with crushed ice and wrapped in a damp towel or commercial ice bags are convenient forms of application. Apply for 20 minutes then leave off for 10 minutes. If swelling occurs after 48 hours switch to moist heat (hot water bottles or a warm washcloth), alternating between hot and cold "ten minutes on ten minutes off". Keeping note that you must avoid heat for the first 24 hours.

### **5. Rinsing:**

Avoid rinsing, spitting, drinking through a straw and mouthwashes that contain alcohol for the first 24 hours as it may prematurely dissolve the blood clot. A gentle rinsing with warm salt water ( $\frac{1}{2}$  teaspoon of salt in a large glass of water) after meals and at bedtime is important after this period. After 72 hours a more vigorous rinsing is encouraged after meals and at bedtime for the next two weeks.

### **6. Bruising:**

Bruising may present to varying degrees. It will subside over a period of 5 to 10 days.

### **7. Smoking:**

We advise that you do not smoke at all during the first 72 hours following surgery. Smoking can increase pain and lead to poor healing. The longer you refrain from smoking the less chance you have of postoperative problems.

### **8. Activity:**

Avoid excessive physical exertion and fatigue during the immediate postoperative period. Obtain adequate sleep.

### **9. Tooth Brushing:**

NO BRUSHING THE DAY OF SURGERY. Brushing of the immediate surgical site should be discontinued for about a week after surgery to prevent disruption of the blood clot, healing tissues and or sutures. The remainder of the mouth may be brushed normally. When you resume brushing at the surgical site you may experience a small amount of bleeding or discomfort, but this is normal.

### **10. Sutures/Dressings:**

A variety of sutures and dressings may have been used as a part of your treatment and you may feel them with your tongue. They will either dissolve on their own or be removed at the appropriate postoperative appointment.