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POST-OPERATIVE INSTRUCTIONS

- **BLEEDING:** You may taste a few drops of blood in the saliva the day of surgery. **THIS IS NORMAL.** Avoid hot liquids, rinsing, or spitting within the first 24 hours as this may stimulate unnecessary bleeding. If bleeding persists, place a cold wet tea bag on the area and apply pressure for 10 minutes. Then wait 10 minutes and repeat the procedure. A cold mouth heals faster.
- **SWELLING:** Some swelling can be expected. **FOR THE FIRST 48 HOURS FOLLOWING SURGEY, APPLY AN ICE PACK** to the outside of the face; 20 minutes on, and 20 minutes off. If swelling occurs, it usually reaches a maximum on the third day, and then reduces. **THIS IS NORMAL.** If the swelling is extremely large and is causing difficulty please call.
- **FEVER:** You **MAY** run a low-grade fever for a day or so, if fever is significant or persists please call. If you take your own temperature, place the thermometer away from the surgical site.
- **RINSING:** Rinsing is to be **AVOIDED** for the first 24 hours post surgically and longer if persistent bleeding occurs.
- **EATING:** Soft foods (ground beef, fish, soft cheeses, yogurt, ice cream etc.) are recommended for the first few days. Avoid eating anything that is hard (i.e. nuts, popcorn). Certain fruit juices, highly seasoned food and spices maybe irritating, but will not affect healing. **TRY TO EAT ON THE SIDE OPPOSITE THE SURGERY.**
- **ORAL HYGIENE:** Untreated areas of the mouth should be maintained as normal (i.e. brushing and flossing). Within 10 days, you can start to brush the teeth in the surgical area gently. Avoid contact with the gingival (gums). Normal hygiene will be reestablished in the area of surgery over several weeks. You will receive a prescription for an oral rinse that will supplement your homecare efforts.
- **FOR SINUS PROCEDURES:** Avoid blowing your nose for 2 weeks post surgery. Slight bleeding from nose is not unusual during the first 2 days. The use of the over the counter anti-histamine will help keep the sinus area dry and comfortable.
- **DRESSING:** A dressing may be placed in your mouth to protect the surgical area. It will harden within a few hours of application. It should **NOT** be disturbed. The dressing contains no medicine and is solely a protective covering. If it should come off there is **NO CONCERN.** If there is pain or irritation, please call.
- **TAKE ALL MEDICATIONS AS DIRECTED:** You may follow your regular daily activities but **AVOID** heavy physical activity of any type for the next 72 hours. Try to keep your head elevated. If you lie down, use 1 or 2 pillows. **PAIN MEDICATIONS** can upset your stomach and induce nausea when taken on an empty stomach. **DO NOT** increase dose or frequency. **DO NOT** drink alcoholic beverages within 72 hours. Alcohol and related substances burn tissues prolonging the healing time and increasing local discomfort.