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**INSTRUCTIONS FOLLOWING PERIODONTAL
OR DENTAL IMPLANT SURGERY**

1. SURGICAL DRESSING

The surgical dressing you have in your mouth will harden in approximately one half hour. Do not rinse, drink, or eat during this time. Only brush the biting surfaces of the teeth, do not brush the sides of the teeth. The dressing protects the gingival tissues and occasionally small pieces of the dressing will break off in the days following surgery. However, if a large piece should break off, the exposed area should (BE/NOT BE) gently brushed and flossed twice daily. Do not use an electric brush in the surgery area for eight weeks. Additionally, rinse twice daily with PERIOGARD / three times daily with LISTERINE. Rinse gently, not vigorously. If you have a stent or orthodontic retainer to cover the roof of your mouth, wear it each night until stitches are removed. Also, wear this while eating and as needed during the day.

2. NO SURGICAL DRESSING

In some cases, there is better healing and patient comfort without the placement of a surgical dressing. In this case, do not rinse, drink or eat for the first half-hour.

____ Begin brushing surgical area in ____ days/weeks.

____ Do not brush surgical area.

When the anesthetic has worn off, it is very important that the teeth in the surgical area are gently brushed and flossed at least twice daily. This may cause minor bleeding, but it should stop soon. Do brush the teeth on either side. Do not use an electric brush for eight weeks. Additionally, rinse twice daily with PERIOGARD / three times daily with LISTERINE. Rinse gently, not vigorously. Increased sensitivity to heat and/or cold may be noticed so please be careful when taking hot or cold foods or liquids into your mouth. If implant(s) have been placed, do not brush the gum and stitches over the implant(s).

3. PHYSICAL ACTIVITY

Restrict your activities and rest for the remainder of the day. Do not engage in strenuous activity. No bending over or physical work, including heavy lifting for 3 - 4 days after surgery.

4. DIET

Please continue to take a multiple vitamin daily or begin if you are not taking one already and continue this for the next four weeks. Do not chew in the area of the surgery. In most cases, patients are able to continue with a relatively normal diet, but must cut their food into smaller pieces and chew more slowly. However, do not chew on tough or crunchy foods. Do eat a well balanced soft diet such as lukewarm broth and soups or ice cream, jello, oatmeal, custard, baby foods, bread, eggs, cooked vegetables, ground meat, and cheese. Avoid highly seasoned foods and tart fruit juices. Concentrated alcoholic beverages may cause discomfort temporarily to the surgerized area. Smoking may cause the dressing to retain a stale taste and will interfere with healing, it is recommended to quit or to reduce smoking for 6 – 8 weeks after surgery.

5. BLEEDING

You may expect a slight amount of bleeding which will turn your saliva pinkish in color during the remainder of the day and sometimes the next day. However, if you have significant bleeding, please call my office. Bleeding can generally be controlled through pressure. Apply a moist tea bag, tightly rolled gauze, or clean cloth to the bleeding area. Apply with pressure for 15 minutes without interruption. This will control most bleeding situations. However, should you have continuing concern, please call me at any time.

6. SWELLING

Swelling is often a normal result after surgical procedures. It may persist for several days but should not cause alarm. Swelling may be reduced by applying cold packs to the surgical areas for a period of a few hours. These ice packs should be applied for 10 minutes and then removed for 10 minutes. The following day, ice may be used, also. Do not use heat. If swelling is severe or persistent, please call my office. If swelling should start several days after surgery, please call me.

7. MEDICATION

You may expect some soreness and discomfort initially. If needed, you may take Tylenol or the prescribed pain tablets to help relieve discomfort. If you have been given a prescription for an antibiotic, take the total dosage as prescribed. If you should have a reaction such as hives, difficulty in breathing, or stomach upset, discontinue the medication and please call the office immediately.

8. POSTOPERATIVE APPOINTMENTS

The stitches (and dressing if present) will be removed at your next appointment. The dressing normally removes quite easily, as do the stitches, without significant discomfort. No anesthetic is required. The area will then be brushed. After this, you may have some sensitivity to heat or cold foods or liquids into your mouth. This is normally a temporary problem. These tissues may still be tender and another dressing may be placed.

The first weeks after the periodontal surgery are very significant with regard to healing and regeneration of gingival tissues, so I will require that you come in at least twice after surgery or until the tissues are healed sufficiently for you to carry out adequate daily removal of bacterial plaque.

9. GUM GRAFT SURGERY

Wear the retainer fitted for you to cover the roof of your mouth each night. This will keep the tongue away from stitches and improve healing of the roof of the mouth donor site. The retainer can be worn during the day and with meals. Do not pull lip down to look at surgical area.

IF A REMOVABLE REPLACEMENT TOOTH / RETAINER IS FITTED PLEASE:

____ Leave in at night

____ Wear during the day

____ Take out at night

____ Wear while eating

If any condition or concern develops which seems unusual to you, please call my office. After hours, please call my home phone or cell phone.

OFFICE PHONE: (989) 792-4431

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