

## **INSTRUCTIONS FOLLOWING PERIODONTAL IMPLANT SURGERY**

The dressing (putty) covering the area of surgery will be hardened by the time you leave our office. The dressing protects the area operated on and reduces discomfort. In order to avoid dislodging the dressing:

DO NOT chew in the area of the dressing  
DO NOT use your toothbrush on the dressing.  
DO NOT chew hard foods, but do eat a well balanced soft diet and be sure to  
Drink an adequate amount of fluids (2 quarts a day).

Teeth not covered by the dressing should be brushed and flossed as previously instructed. Do not be concerned if the dressing falls off .

You may expect a slight oozing or bleeding, some swelling and some soreness. If there is a definite bleeding in an area, take a piece of gauze or clean cloth, moisten it with water squeeze it out, hold it directly against the bleeding area for one half hour. If this does not stop the bleeding, call the office (917)679-6013. If there is some soreness or aching, you may take a mild analgesic, try to use a non-aspirin product. If pain or discomfort should develop, take the pills provided or prescribed for pain. Take the antibiotic, if dispensed or prescribed, as directed.

As soon as you get home, apply ice in an ice bag or wrapped in a towel to the side of the face where the surgery was performed. Keep this on for 5 minutes and then take it off for 5 minutes and repeat this routine as often as you can today. This will keep the swelling to a minimum. If swelling does occur, it will occur within 24 hours and reach it's maximum extent at 48 hours. It will usually begin to go down the third day.

Starting tomorrow you should use a glass of warm salt water as mouth soak. Place one-half teaspoon of salt in a glass of warm water and rinse the surgical area thoroughly. Repeat until you have used the whole glassful. You should rinse at least 4 times a day, preferably after meals. This will keep the surgical area clean.

Highly seasoned food, tart fruit juices or concentrated alcoholic beverages may cause discomfort after meals. Avoid strenuous exercise for a few days. You may expect some thermal sensitivity to your teeth after the surgery.

If you have any questions or if there are any complications. Please call the office. Please leave your name and phone number. We will return your call promptly.