

## **POST-OPERATIVE INSTRUCTIONS: Dental Implants, Sinus Lifts, Periodontal Surgery and Extractions**

**DRIVING:** If you have taken medication for oral sedation, refrain from driving for the remainder of the day.

**MEDICATIONS:** Periodontal surgery may be associated with varying degrees of discomfort. This depends on the procedure involved and individual differences. All medications should be taken strictly as prescribed. The interval between taking the medications has been carefully determined to give you the maximum benefit with the minimum use of drugs. Variation from the prescribed regimen can affect healing and the success of your procedure.

- **OVER-THE-COUNTER:** Advil or Motrin (ibuprofen) take 3 tabs, 3 times a day for as long as needed. If you prefer Aleve (naproxen), take 2 tabs every 8 – 12 hours. If you cannot take aspirin products, take Tylenol (acetaminophen), 2 tabs every 4 – 6 hours. Do not use these medications if they are medically contraindicated. If needed, you may supplement with your prescription pain medication as directed. Do not take these medications on an empty stomach as nausea may result.
- **ANTIBIOTICS:** If you were prescribed an antibiotic, take as directed until gone. For women taking birth control pills, be advised that antibiotics may interfere with their effectiveness.

**BLEEDING:** You may notice slight bleeding from the surgical site. This type of **minor** bleeding for one or two days is not unusual, and is not a major concern. If at any time you notice the formation of large blood clots or an obvious flow of blood which is more than a slight ooze, **do not rinse for the first 24 hours, elevate your head and apply a moist tea bag to the area with gentle pressure for 20 min; repeat if necessary.** If bleeding persists, call our office at 520-577-3935.

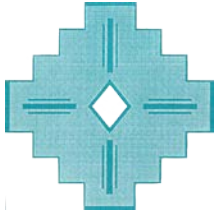
**SUTURES:** Sutures ("stitches") are placed to hold the gum tissues in the proper position for ideal healing. **Do not disturb the sutures with your tongue, toothbrush or in any other manner since displacement will impair healing.** Sutures will loosen as the surgical area(s) heal.

**DRESSING:** A periodontal dressing is sometimes used to cover the surgical site. The dressing is placed to protect the area and should not be disturbed. If the dressing comes off, and you have no discomfort, there is no cause for concern.

**DIET:** For your comfort and to protect the surgical area, a soft diet is recommended. Avoid chewing in the area of the surgery. Avoid hard (nuts/seeds), crunchy (chips), sticky (gum), chewy (caramels) or spicy foods. Avoid hot food and drinks. **Drink plenty of cold liquids.**

It is important to maintain a diet with a normal calorie level that is high in protein, minerals, and vitamins to support post-operative healing. Eat as normal a diet as possible. **THIS IS NOT THE TIME TO START A DIET**, since this can have detrimental effects on healing and decrease the chances of success of the surgical therapy.

**ORAL HYGIENE:** Avoid brushing and flossing the entire mouth for the first 24 hours. Thereafter, start brushing and flossing all other teeth except the surgical area. **The surgery site should not be disturbed until the sutures are removed.** Beginning the day after surgery, gently rinse with PerioGard or other mouthrinse recommended by Dr. Lear for 30 seconds, after breakfast and before bedtime.



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**PHYSICAL ACTIVITY:** Avoid strenuous physical activity for 48 hours following the surgical procedure, and longer if swelling is observed.

**SWELLING:** Some swelling in the surgical area is not unusual and may begin after the surgery. Much of the post-operative discomfort patients experience comes from swelling. For up to three days post-surgery, apply cold packs over the surgical area (20 min. on, 20 min. off) as often as possible to help reduce swelling. Swelling may increase 2-3 days post-treatment. If swelling or bruising occurs, apply arnica gel externally. When swelling occurs, it usually resolves after several days. Any unusual or large swelling should be reported to our office, as this may indicate an infection.

**SMOKING:** All smoking should be stopped until after your sutures have been removed to ensure the best healing and success of your surgical procedure. Smoking significantly slows healing, increases the risk of post-surgical infection, and compromises results.

**ALCOHOL:** If you take prescription pain medication, do not drink alcohol. Alcohol should be minimized for the next several weeks to promote healing.

**DO NOT'S:** For the next several days, DO NOT vigorously rinse or spit, smoke, drink through a straw or create a "sucking" action in your mouth, drink carbonated soda, or use an oral irrigating device. Do not sleep flat (*elevate your head with at least 2 pillows*).

★ **SINUS LIFT (AUGMENTATION):** *You may have bleeding from the nostril on the side of the sinus lift. You may also experience post nasal drip or congestion for which you may take an over-the-counter antihistamine. Try to avoid sneezing (if unavoidable, sneeze gently) and blowing your nose. Do not put heat or hot water on your face.*

**QUESTIONS:** If you have any questions, please call our office at 520-577-3935. If you have a post surgical emergency and our office is closed, please call 446-2935 (pager). Enter your phone number followed by the # sign then hang up. Dr. Lear or a staff member will return your call. Thank you.