

## Post-Operative Instructions for Periodontal & Implant Surgery

### 1. First 24 Hours

AVOID extremely hot liquids and citrus juices for the next few hours.

Avoid vigorous exercise.

DO NOT smoke for at least 24 hours after surgery.

### 2. Medication

If an antibiotic has been prescribed before your dental procedure, you must take your medication as directed on the day of your appointment (at least 1 hour before).

AVOID ALCOHOL with antibiotics, pain pills or sedatives. If you have any problems with any antibiotics, please call the office immediately.

Some antibiotics may interfere with birth control pills so check with your physician first.

Mild discomfort can be controlled with Panadol, Nurofen or similar tablets every four (4) hours (avoid aspirin). If a pain reliever has been prescribed, only take as many pills as necessary.

### 3. Driving

DO NOT DRIVE while taking any sedative or pain-relieving medication.

### 4. Gum Recession

While gum recession usually results from surgery, it is not as much as it appears to be during the first few weeks. As healing progresses, the normal colour and a smooth natural shape will return. Gum recession may be permanent.

### 5. Swelling

Some swelling and temporary loosening of the teeth may be expected. Apply an icepack to the face, if directed, 10 minutes on and 10 minutes off for the rest of the day. DO NOT use heat. It usually takes from three to ten days for the swelling to recede.

### 6. Mouth Hygiene

Starting tonight/tomorrow brush the rest of your teeth as usual. DO NOT brush the teeth at or next to the surgical area.

Also starting tonight/tomorrow rinse twice a day with a chlorhexidine mouth rinse (morning and evening) if it is prescribed. It is extremely important for healing that the mouth be kept CLEAN.

### 7. Eating

Try to eat on the side opposite the surgical site. AVOID foods that are hard, hot, spicy, salty, popcorn, peanuts, seeds, rice, crusty bread, pretzels and any food that will get caught between your teeth. Dilute citrus juices with an equal amount of water.

### 8. Bleeding

If bleeding occurs, DO NOT RINSE. Wet gauze with cold water, place over the area and hold firmly for 10 minutes. Repeat every 10 minutes alternating with a dry gauze (10 minutes) until bleeding stops.

Notify the office if you are concerned about any aspect of your recent surgery.