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**PERIODONTIST/ IMPLANT SURGEON**

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## **POST-SURGICAL INSTRUCTIONS**

The following has been prepared to help answer the questions you may have regarding the operation which has just been performed. Please read the instructions carefully. Our experience has shown them to be very helpful.

### **1. Periodontal dressing**

There may be a material around your teeth, which is periodontal surgical dressing. It protects the area and should not be disturbed. Small particles of the protective covering may chip off or the entire dressing may fall off. Unless there is discomfort in the exposed area, it is not necessary to contact our office.

### **2. Swelling**

Postoperative swelling can be controlled by ice packs. They should be used the day of the procedure to keep swelling to a minimum. Place the pack on the face for fifteen minutes each hour for approximately three to five hours. If swelling is present the day after the procedure, use a heating pad. Place it on the affected area, and hold it in place for fifteen minutes each hour, for three to five hours. Continue this procedure for as long as swelling is present.

### **3. Diet**

Try not to chew in the area where the surgery has been performed. Do not drink any hot liquids for the first 24 hours after surgery. Avoid hard foods, highly seasoned foods and condiments. A soft diet is recommended. The use of Ensure® or Boost® is advised if you encounter difficulty chewing. The patient who maintains a good diet of soft food generally feels better, has less discomfort, and heals faster. Eat well and you will feel well.

### **4. Bleeding**

There may be occasional blood stains in the saliva for the first twenty-four hours after the operation. This is not unusual and will correct itself. If there is considerable bleeding beyond this, take a piece of sterile gauze, or a tea bag dampened in cold water, and form it in the shape of a "U". Hold it between your thumb and index finger, apply it to both sides of the area, and hold it under gentle pressure for twenty minutes. Repeat if necessary. Do **not** remove it during this period to examine. **Under no circumstance should rinsing be used to try to stop bleeding.**

### **5. Rinsing**

You may **not** rinse the day of surgery. After twenty-four hours, if you desire to rinse your mouth you may use a solution of one-half teaspoon of salt, in a 6 oz. glass of warm water.

### **6. Discomfort**

You can expect some discomfort when the anesthesia wears off. Take whatever preparation you may take for minor pain (Tylenol®, Advil®, or aspirin) every 4 hours. If a more potent pain reliever is necessary you will be given a prescription.

### **7. Brushing**

Do not use dental floss or your toothbrush in the area where surgery was performed, or covered by periodontal dressing, for one week. Normal flossing and brushing may be accomplished in any area where surgery was not performed, or not covered by periodontal dressing. Do not neglect other areas of your mouth.

**8.** If any problems arise, please do not hesitate to call the office: **954/435-0100** to find out how to reach Dr. Forrest after hours.