

GumCare and Implant Specialists LLC

Dr. Karim Basta

Diplomate, American Board of Periodontology

Dr. Constantin Farah

Diplomate, American Board of Periodontology

GUIDELINES FOLLOWING PERIODONTAL/IMPLANT SURGERY

The following guidelines have been prepared to assist you in a speedy recovery from surgery. By adhering to these guidelines, you will be contributing to the overall success of your treatment.

WHAT TO EXPECT

- As with any surgical procedure, some degree of discomfort is to be expected. Tooth tenderness and slight mobility may also occur. You may have mild discomfort after the procedure.
- The sutures used are self dissolving. A dull ache may be experienced around the 4th to 6th day as a result of tight sutures. This feeling will disappear following suture removal.
- Your teeth may be sensitive to cold or hot due to the exposure of the tooth roots following the procedure. Use toothpaste for sensitive teeth.
- Slight bleeding may continue up to 24 hours after surgery. This slight bleeding or “seeping” of blood may be exaggerated when it dissolves in saliva.

WHAT TO DO

- You may lightly brush the teeth in the surgical area. Do not floss in the surgical area(s). Keeping the surgery area clean will help the healing process.
- Rinse thoroughly with CloSYS for 30 seconds with ½ oz (2 full caps) twice a day.
- If active bleeding occurs, gently rinse the mouth to remove any blood clots. Determine the site of the bleeding and apply firm, steady pressure to the area with a moist gauze pad for 30-45 minutes. Should heavy bleeding occur, fold a piece of clean gauze into a thick pad and bite on it for about 30 minutes. If the gauze becomes soaked, replace it with a clean one as needed.
- You may eat most foods you favor, but a semi-solid diet is advisable for 3-4 days following your surgery. Do not eat spicy or crunchy foods, popcorn, or foods with small seeds. Avoid using a straw for 3-4 days. A good diet is essential to the healing process, so be sure to eat well-balanced meals. Please review our *Soft Food Diet Ideas*.
- Do not smoke following surgery since smoking is an extreme irritant to the healing tissue. Avoid alcohol beverages since they may interact with the prescribed medications.
- Avoid strenuous activity for at least three days after the surgery.
- Mild discomfort will be readily controlled with a prescription of a pain reliever, to be used as directed. If an antibiotic is prescribed, please continue taking it for the entire recommended duration.
- Some degree of swelling is to be expected following surgery. This swelling may take 3-4 days to reach its maximum. To minimize swelling you should apply cold compresses to the face for 10 minutes, then 10 minutes off during the first few hours. This will help reduce the swelling.

PLEASE CALL US IF . . .

- you are experiencing heavy bleeding.
- you feel any adverse effect, reaction or intolerance to the medication.
- you have loose sutures or have excessive discomfort from tight sutures.
- you encounter significant swelling.
- you have any questions at all.