WAYZATA
PERIODONTICS & IMPLANTS

INSTRUCTIONS AFTER SURGERY

BLEEDING
You may notice oozing for 24-48hrs. after surgery. Do not be concerned if traces of blood are seen in your saliva. Avoid rinsing vigorously for 24hrs. If you experience heavy bleeding, attempt to locate the source and apply gentle but firm pressure. A moist tea bag can be used as a compress which may help with clotting. If bleeding is uncontrollable, please call the office.

PAIN
Most patients experience minimal pain. However, mild to moderate discomfort may be noticed as the anesthesia wears off and may last for 3-5days. Much of the discomfort can be avoided by controlling the swelling. Take an anti-inflammatory/analgesic such as Ibuprofen. 600mg of ibuprofen(Advil) every 6hrs. is recommended. If a narcotic analgesic is prescribed, do not drive or work around dangerous machinery while under the influence.

SWELLING
In some cases, localized swelling is to be expected. To minimize swelling, apply an ice pack to the face over the treated area immediately after surgery. Apply for 20 minutes at a time, waiting at least 20 minutes to reapply. If an anti-inflammatory medication has been prescribed, please take as directed.

ORAL HYGIENE
Meticulous oral hygiene should be continued in all areas of the mouth. Stay away from the surgical area gum tissue during the week and brush the rest of the mouth as usual. If a specific rinse has been prescribed, please use as directed after brushing. In general, the cleaner the mouth is maintained the better the healing response.

NUTRITION
Eat adequately to maintain nutrition and energy level. Choose soft foods which require minimal chewing. Drink lots of liquids. Avoid hard, hot or spicy foods. If possible, chew food on the untreated side of the mouth and avoid using straws for liquid intake. Some examples of soft foods include: broths, soups, pasta, well ground meats, eggs, yogurt, pudding, ice cream, shakes,smoothies,apple sauce and well-cooked vegetables. Food supplement drinks(Ensure,Equal, Protein Shakes) are available at drug stores and should be used if eating is difficult.