



Excellence in Periodontics and Implants
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POST-OPERATIVE INSTRUCTIONS

What instructions should you follow immediately after surgery?

- **Do NOT** rinse today.
- **Do NOT** spit or drink through a straw.
- **AVOID** extremely hot food and drink for the next few hours.
- **Do NOT** smoke or consume alcohol.
- **MEDICATION** – If medications have been prescribed, take as directed. If an antibiotic (Amoxicillin, Doxycycline, or Clindamycin) or a steroid (Medrol or Dexamethasone) has been prescribed, **be sure to take ALL of the pills as directed**. If you have any unwanted side effects please call your doctor prior to changing your drug regimen.
- Apply an **ICEPACK** to the area to minimize swelling, 10 minutes on and 10 minutes off **ONLY** for today. If swelling starts, do **NOT** use heat today.
- Avoid vigorous physical activity for the next 2-3 days unless otherwise directed.
- Try sleeping on an extra pillow to keep your head elevated. This will minimize inflammation and discomfort.
- **Starting TOMORROW**, rinse gently and frequently. A good rinse is a glassful of warm water with ½ teaspoon of salt, or a mild mouthwash such as Scope mixed with an equal part of water (diluted ½ strength).
- It is important to **keep your mouth CLEAN**. Brush and floss the teeth well, but **NOT** on the treated area or the adjacent teeth.
- The days following the surgery use the **BLUE SOLUTION** (Chlorohexidine/ Periodex/ Periogard) with a moistened Q-tip to **CLEAN** the **TREATED** area 2-3 x/day until the follow up visit. (Do **NOT** rinse with this solution, as it will stain your teeth.)

How will this change your eating?

- Try to eat on the opposite side.
- **AVOID** foods that are hard, hot, spicy or salty.
- Dilute citrus juices with an equal amount of water.
- If a soft diet is recommended, be innovative – mix vitamins in with your food or try meal supplements such as ensure, boost, etc.
- If treated area is in the front/anterior of your mouth do **NOT** bite into **ANY** foods such as sandwiches, apples, or hard crusty bread. Eat all of your foods with a fork or spoon.

What should you expect after surgery?

- **If a DRESSING** was placed over the treated area, it is for your protection. Leave it in place. Don't be concerned if small pieces come off. If the whole dressing falls off in the first 2-3 days then please call our office.
- Bruising is normal for any surgical procedure, although not usually seen.
- Some swelling and temporary loosening of the teeth may be expected. It often takes 2-3 days for swelling to reach its peak, but it should subside 1 week after surgery...

- If bleeding occurs – **DO NOT RINSE** . Remove all of any loose blood clot that may be present. This clot may have the appearance of 'liver'. Place a piece of gauze or a moist tea bag over the area and hold firmly for 15 minutes. Repeat if necessary.
- If you notice some staining on the teeth in the area it is not permanent. This is due to the blue solution and can be polished off at your next visit.
- Please call the office, day or night, if you have any questions. Instructions on how to reach your doctor or one of the doctors on call will be available after normal business hours.

*****ADDITIONAL INSTRUCTIONS*****

Free Gingival/ Pedicle/ SECT. Grafts/ CPF with Puros Dermis® graft

Stay away from the surgical area! Do not do **ANYTHING** to place tension on the area including pulling up or down the lip to see the treated area. Avoid any sports or activity that may result in exertion of the facial muscles or facial trauma for the next 2-3 weeks as directed by your doctor. This can result in a torn suture.

If treated area is in the front/anterior of your mouth do **NOT** bite into **ANY** foods such as sandwiches, apples, or crusty bread. Eat your all of your foods with a fork or spoon.

If you feel a loose suture 2-4 days after the surgery please call your doctor.

Grafts using **Puros Dermis®** often take longer to heal than using your own tissue. It is important to take all medications and follow these instructions for the period 2-3 weeks following the surgery.

Implants: Lower

When anesthesia wears off, you may experience some tingling in the lip and chin. If this persists, please notify us at your next appointment.

Sinus Lift/ Elevation

NO hard nose blowing or sniffing for TWO weeks. Experiencing some nasal bleeding for the next 24-48 hours is to be expected. If instructed, use nasal spray or decongestant as directed. No flying for 4 weeks.

Ridge preservation/ augmentation

Stay away from the surgical area! Do not do **ANYTHING** to place tension on the area including pulling up or down the lip to see the treated area. Avoid any sports or activity that may result in exertion of the facial muscles or facial trauma for the next 2-3 weeks as directed by your doctor. This can result in a torn suture.

If you feel a loose suture up to 7 days after the surgery please call your doctor.

Extraction alone (w/out ridge preservation)

Bite firmly on gauze for 30-45 minutes. If bleeding continues when gauze is removed, bite firmly on moist tea bag for 15 minutes. Repeat if necessary. If bleeding continues, call the office immediately.

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Periodontics and Implantology

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