



## Periodontal & Implant Surgery Post-Operative Instructions

Do NOT eat until the anesthesia wears off as you may bite your lips and cause injury. You may eat as tolerated after the numbness has worn off but avoid chewing in the area of surgery. You will have some discomfort and pain medication is required for this procedure. Avoid foods that are sticky, hard (such as ice cubes, nuts, popcorn) spicy, highly seasoned, or acidic for the next few days. Foods such as soups, pasta, eggs, mashed potatoes, macaroni & cheese, etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids. You must return for your follow-up appointments for the treatment to be a success. If any stitches loosen or fall out within 3 days, call our office.

### Discomfort:

A varying amount of discomfort during the healing period is expected depending on factors such as extent, location and duration of surgery and individual response. The first 24 hours typically sees the most amount of pain.

- Swelling of the face is likely to occur on one side and may reach the eye and underside of the jaw. Bruising of the face may also occur in some instances and may last for up to 7 days. A reusable ice pack or a frozen vegetable bag, wrapped in a soft towel, may be applied to the side of the face to help minimize swelling in the area for the first 3 days. Alternate the ice pack 20 minutes on and 20 minutes off as needed.
- Increased tooth sensitivity after surgery, especially to cold, is typically experienced by most patients. Sensitivity usually decreases within several weeks and can be minimized by keeping the area as free of plaque as possible. You may also use a desensitizing toothpaste (such as Sensodyne) to help control sensitivity. If the sensitivity is extreme, contact our office for further instructions.
- Pain medication should be started before or immediately after surgery while the area is still numb and taken at regularly prescribed intervals for the first 2 days. After two days, the pain medication can be taken as needed.

### Prescribed Medication:

- Always take the prescribed medication as directed. This includes prescribed mouthwashes.
- Antibiotics do carry some risks and are not prescribed lightly in our office. If you have been prescribed antibiotics, it is important that you take them as instructed until all pills are taken. This will help you achieve a better outcome.

### Bleeding:

Minor bleeding from the incisions is normal and may occur during the first 48-72 hours. Limit your physical activity for this time and keep your head elevated. You may rinse your mouth with warm salt water, but avoid extremely hot foods for this initial period. If bleeding persists, apply firm pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 15- 20 mins. If bleeding increases after the initial 48 hours, please notify our office to receive further instructions.

### Homecare:

Homecare is critical to the outcome of your surgery. Recommendations all revolve around controlling plaque, limiting trauma to the surgical area and refraining from smoking.

- Avoid brushing the gums in the surgical area after surgery and start light brushing on the 4th day unless otherwise instructed. Avoid flossing the surgical for 2 weeks or until your follow-up appointment.
- The area must remain plaque free. Rinse your mouth twice per day with the prescribed antibiotic mouthwash. You may also supplement freely with warm salt water by dissolving one tablespoon of salt in an 8-oz glass of water.
- You cannot smoke after surgery for at least 6-8 weeks. The longer you refrain from smoking, the better the outcome. Smoking will severely delay healing and can cause serious complications. Please seriously consider quitting smoking all together.
- Avoid alcohol for the first few days and only in moderation until healing is complete.

Follow these instructions carefully and healing should progress well. If you have questions or concerns, call 819-790-9581. For emergencies or if you're experiencing any difficulties related to your surgery and are uncertain about how to proceed, you may reach Dr. Fokam directly outside office hours by calling his direct line at 819-790-9581. If there is no answer, leave a message or text and Dr. Fokam will respond as soon as possible.