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POST-SURGICAL INSTRUCTIONS

Discomfort – Please take all medication according to instructions on bottle. Do not take on an empty stomach. You may have two types of pain medication. A narcotic (Lortab, Hydrocodone, Darvocet) may have been prescribed, which may make you drowsy (do not drive while taking this medication). As discomfort subsides you may discontinue this medication. In addition, **if you are not allergic to aspirin or ibuprofen**, you are recommended to take an anti-inflammatory medication (Advil, Ibuprofen, Motrin) for 2-3 days after surgery. This medication will enhance your healing and does not cause drowsiness. We recommend that you **take Advil every 6 hours for 2-3 days whether you have pain or not. Do not exceed 800mg of Advil every 6 hours.** If you have been prescribed a prescription form of anti-inflammatory, please follow the instructions on the bottle, and do not take additional anti-inflammatory medication. If you have been prescribed Vioxx or Celebrex, please **DO NOT** supplement that medication with an anti-inflammatory. You may supplement with Tylenol.

Antibiotics - In some cases, antibiotics will be prescribed. Antibiotics should NOT be taken at the same time as the pain medication to prevent nausea from occurring. Take all the Antibiotics as prescribed on the bottle until the prescription is finished. Do not stop taking Antibiotics because you feel better. **If you have a reaction to this or any medication stop taking it and call the office.**

Bleeding - There may be blood in the saliva or oozing the day of the procedure. This is normal and is not a cause for concern. Activity can often stimulate some degree of bleeding. Please **do NOT rinse or spit vigorously** for 2 days after surgery as this might promote bleeding. If there is excessive bleeding, identify the problem area and apply firm continuous pressure by with a **moist** gauze or moist tea bag for 45 minutes to 1 hour. Repeat this until bleeding has stopped. Lie down and keep your head elevated for at least 45 minutes before re-examining the area. **Do not try to stop the bleeding by rinsing.** If bleeding persists please call the office or page Dr. Bass.

Swelling - Icepacks, 15 minutes on, 15 minutes off the area(s) of the face corresponding to the surgical site(s) will help control swelling. This should be continued only into the evening of the day of the surgery. After that, moist heat will be helpful.

Smoking – We recommend that you do **NOT SMOKE** for 4-6 weeks after surgery. It takes soft tissue about 4 weeks to heal completely. However, it is most important that you do **not smoke** during the first week after surgery.

Activity - Try to rest and keep talking to a minimum, avoiding strenuous activity or exercise for at least 3 days after the procedure. Be kind to yourself and allow your body to heal.

Sutures - Sutures will usually dissolve on their own prior to your first post-surgical appointment. If part of a suture starts to come out, please do NOT pull it out. You may cut the piece shorter if needed. **DO NOT PULL ON SUTURES.**

Oral Hygiene – Do NOT rinse (swishing) vigorously for 2 days after surgery. Begin **gentle rinsing** with PerioGard the day after the surgery as prescribed on the bottle. You may brush and floss all areas **not treated surgically**, but do not begin gentle brushing on your surgically treated areas until 7 days following the procedure. Gentle, warm salt-water rinses can be of benefit. **Note: Please DISCONTINUE use of any mechanical hygiene aid (Water-Pik, mechanical brushes) for 2 weeks post-surgically.**

Diet - A soft nutritious, high-protein diet is essential for optimal healing, as well as plenty of non-carbonated fluids. Vitamin supplements are also encouraged. **Do Not use Straws** for 1 week after surgery. The day of surgery stay with cold liquids (juice, Slim-Fast, Jell-O, pudding, etc). We recommend a **Non-Chewing Diet 1 week after surgery** (pudding, Jell-O, soups, mashed potatoes, macaroni & cheese, scrambled eggs, refried beans, etc.). **Do Not eat Hard, Crispy, or Crunchy Foods (breads, pizza, toast, meats, etc).** **Do Not – Drink Alcohol beverages 48 hours after surgery or while taking any medications.**

We want the healing period to be as comfortable and worry-free as possible, so please do not hesitate to call the office if you have any questions or concerns. In the event of an emergency after business hours, please call the office and use our emergency voice mail system.

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