

Joplin Periodontics & Implant Dentistry

Humaira Y. Habib, D.D.S.

Post-Operative Care Instructions

Swelling - is to be expected following surgery. Use of an ice pack, one half hour on and one half hour off, immediately following surgery for 4 to 5 hours, may help minimize swelling. **Swelling usually reaches a peak in 48 hours before it starts to subside. Ice should be used for the first 2 days as much as possible.** Warm moist compress may be used on the 3rd day after surgery for any bruising/swelling (run a washcloth under warm water). Medication is generally given to help reduce swelling and discomfort.

Bleeding - a slight amount of bleeding for several hours following surgery is not uncommon. Compression of the site with a moisten gauze will control bleeding. **You can also use a moist black tea bag.** Drinking cold ice tea should help stop the bleeding. If bleeding continues, please call. Sleep with head elevated by using an extra pillow. **Do not sleep on the side that surgery was performed for the first 7 days.** This will help prevent throbbing and swelling.

Post-Operative Discomfort - is a normal occurrence. You may take Ibuprofen take 600 mg every 4 to 6 hours for 72 hours. If you were given prescription pain reliever, please follow the directions on the label.

Diet - Eat and drink anything that is comfortable to you. **The first 48 hours cold and soft foods** are recommended. **Hard, crunchy, and foods with seeds should be avoided completely for 2 weeks.** Do not eat chips, **HOT** beverages, spicy foods, popcorn, or drink carbonated beverages for 3 days. **Do not drink through straws for 10 days.** This will cause a vacuum and dislodge the blood clot.

Hygiene - do not brush or floss the surgical area for two weeks. Rinse 2x a day for 1 week with the mouthwash given then switch to non-alcohol mouth wash until follow up . (See below).

Chlorhexidine Anti-Microbial Rinse - Do not rinse your mouth or spit for 24 hours. Rinsing or spitting will dislodge the early blood clot and may cause unnecessary bleeding. After 24 hours, rinse with the prescribed mouthwash several times a day to keep the surgical site clean and to help promote healing. Gently tilt head side to side to rinse in the first 72 hours after procedure. Swish with the prescribed mouthwash for 30 seconds 2x a day for 7 days. **Day 8: Switch to non-alcohol mouth wash 2x daily until follow up.**

Avoid Smoking - it is extremely detrimental for proper healing and growth of the tissue.

Medications - take medications as prescribed. If any reactions occur contact the office or doctor immediately and discontinue use of medication. Make sure you eat something heavy (yogurt, for example) before you take your pain medication.

Antibiotics - or other adjunct medication may be prescribed to you, if so please follow the directions given. Take the medication for the full period of time prescribed.

Sutures - any that have not dissolved will be removed at your post op appointment by surgical staff. Removal of remaining sutures is generally 2-3 weeks after procedure. **Bone grafting/Membrane may work it's way out after a week. This is normal after 5-6 days but please call if completely exposed before 14 days.**

Do Not - pull on lip/cheek to show surgical areas to show yourself or others or place fingers in mouth to touch surgical areas. **Do not participate in any strenuous activity for 24 to 72 hours after procedure (i.e. exercise).**

Phone Numbers - Please **do not hesitate to call** for any questions or concerns you may have.

Office: (417) 553-0856. **After office hours you may call or text with concerns (417) 434-3707.**

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