Post-Treatment Check: _____ ***Periodontal Implant Center***

Post-Operative Instructions

- ☐ Medications: Please take all prescribed medications as instructed. Do not drink alcoholic beverages or take other pain medications without contacting us. Nausea can often be avoided by taking medications with a glass of water or juice. Driving or operating dangerous equipment while taking narcotics (pain medications) can be very dangerous.

- ☐ Dressing: The surgical site may have been covered by a putty-like dressing that will protect the area during the first few days of healing. If it comes off before the first post-surgical visit and you are comfortable, do not be concerned. Just be sure to keep the area as clean as possible until your next visit. Otherwise, the dressing and any remaining sutures will be removed at the first post-operative visit. There may be gauze placed in your mouth to help stop bleeding. This should be removed 15-20 minutes after leaving the office.

- ☐ Bleeding: Minor bleeding/oozing is normal up to 48 hours after surgery. Cold water held in your mouth will help slow bleeding. If bleeding continues and you become concerned, please contact us for further instructions and/or assistance.

- ☐ Swelling: Swelling is normal after surgery and usually peaks at 72 hours post treatment. Ice packs are helpful following surgery – 15 minutes on and 15 minutes off for the first 24 hours. Any progressive swelling after the third post-operative day should be reported immediately.

- ☐ Fluids: Drink plenty of fluids during initial healing. It is recommended that you do <u>not</u> use a straw.

- ☐ Diet: Soft foods are recommended following surgery for 10 days or until sutures are removed. Avoid hard and crusty foods that might damage the surgical area. Extremely hot foods/beverages should be avoided during the first 24 hours as these promote bleeding.

- ☐ Activity: Exhausting or strenuous activity should be avoided for one week following surgery.

- ☐ Brushing: Brushing should be maintained in all areas of your mouth not involved surgically – taking care not to injure the surgical site(s). A clean mouth heals faster.

- ☐ Mouth Rinses: Beginning 24 hours post-operatively, for 2 weeks, use the prescribed mouth rinse twice daily for 30 seconds gently – <u>do not rinse vigorously</u>. You may also rinse your mouth gently with warm salt water 3-4 times per day during the first week of healing (1/2 tsp salt in an 8 oz. glass of warm water).

- ☐ Avoid: Avoid smoking, alcoholic drinks, peroxide, and commercial mouth rinses for at least one week following surgery.

- ☐ Sutures:
  - o No sutures were placed
  - o Sutures were placed and will dissolve
  - o Sutures were placed and will be removed at a later appnt (*approx. 2 weeks*)

- ☐ Additional Instructions: _____
  _____
  _____

- ☐ Contacts: Office 405-636-1411 After hours emergency: 405-627-2474 (Dr. Hager Cell)
  315-427-1820 (Dr. Namy Cell)

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