PATIENT POST-OP INSTRUCTIONS AFTER PERIODONTAL SURGERY, BONE GRAFTS OR IMPLANTS
Please read the following instructions carefully. For rapid recovery from the implants it is necessary to adhere to the following directions after the surgery.

ACTIVITY:
Reduce your activity following surgery. No running or weight lifting or strenuous aerobic activity for 48 hours.

CARE OF YOUR MOUTH:
Immediately after surgery keep cold water with ice chips in your mouth or other cold foods such as ice cream for six hours. Do this as continuously as possible. Allow these cold foods to defrost in your mouth thereby cooling the surgical site. Application of an external ice pack is of little value. Do all normal cleaning procedures on teeth that did not have surgery. Please try not to “play” with the top covers over the implants.

DISCOMFORT:
Following all types of surgery you can expect some discomfort. If pain medication is prescribed take as directed if nausea develops, take the medication with milk or other foods. Do not drink alcoholic beverages in combination with pain medication.

SWELLING:
If some cases swelling may be expected; but it will go away in 3-4 days. This will minimize the swelling. In addition, cold water or other cold liquids for 6-8 hours immediately following surgery is essential in order to minimize swelling. You must stay on cold liquids the entire day following surgery. After 24 hours, any temperature liquid may be used. Do not apply heat for 24 hours.

BLEEDING:
There will be a small amount of bleeding in your mouth following surgery. The cold food or drink after surgery will minimize bleeding. Avoid spitting, rinsing or sucking actions since this will disturb the surgical site. Biting on the gauze provided, soaked in cold water, is ideal to prevent bleeding after surgery.

EATING:
Eat only cold, soft foods 3-4 days following surgery. Do not eat hard, chewy, crunchy or spicy foods.

BRUSHING:
Do not brush the surgical site for 1 week. After 1 week you may resume brushing and flossing. When brushing during the first week after surgery bleeding is normal. Interdental brushes can be used 1 week after surgery. If you had a bone graft or a soft tissue graft to not brush the area until instructed to do so.

DENTURES:
Please do not wear your dentures for the first two weeks after surgery. Please do not wear your dentures until instructed to do so by the doctor.

ANTIBIOTICS:
If antibiotics are prescribed, take them as directed until they are ALL GONE. If an allergic reaction and/or nausea develop, call the office.

SMOKING:
Please do not smoke following periodontal surgery. Tobacco smoke is an irritant and delays healing of the tissue. Refrain from smoking as long as possible.

EMERGENCY:
If you have an emergency you can call Dr. Benarroch on his emergency line at (310)717-6373 or Dr. Shainhouse on her emergency line at (347)387-7181.