

HOUSTON DENTAL IMPLANT CENTER

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POST OPERATIVE INSTRUCTIONS FOR PERIODONTAL SURGERY

- 1) **ACTIVITY-** After leaving the office, relax for the remainder of the day. Avoid strenuous activity for several days.

- 2) **SWELLING-** Some swelling or, in some cases, bruising, may be present the day after the surgery and may peak at 48 to 72 hours after surgery. Drinking cold liquids is very important for reducing swelling, bruising, discomfort and bleeding. Sip ice water, iced tea, frozen yogurt, milkshakes or similar cold liquids and keep the surgical area cold for the remainder of the day of surgery. Avoid spitting or using a straw, as suction can start bleeding. Swelling for surgeries in the jaw can also be minimized by placing an ice pack over the operated area on the outside of the face for the remainder of the day after surgery, alternating on and off at 15 minute intervals.

- 3) **BLEEDING-** There should be minimal bleeding after the surgery is completed. There may be a pink discoloration of your saliva for several hours; frank bleeding (bright red) is not to be expected. Should bleeding occur, place a gauze pad, which was given to you inside the postoperative packet, and hold it against the bleeding site. It may take several minutes before the bleeding stops. If bleeding continues, apply firm and constant compression for some time. Do not change the gauze during this period. Remove the gauze gently and check to see if bleeding continues. If it continues, please call for further instructions and/or assistance.

- 4) **EATING-** It is necessary to maintain a normal diet throughout the course of healing. **For the first few days, soft foods should be eaten.** Chewing should be done predominantly on the side opposite the surgical site. It may be necessary to stick to liquids for the first day if chewing is uncomfortable. If it is comfortable for you to chew on the side of the surgical site, it is highly unlikely that you need to be concerned about the implant becoming displaced. In most cases, the implant will be covered with the gingival tissue and sutured, which will make you unable to “see” the actual implant. **Avoid any hard, crunchy, chewy, sharp, or hot foods, so the area is not irritated.** If you have any questions concerning what may or may not be a good idea to eat, or when, please call our office and we will be glad to answer your questions.

- 5) **ORAL HYGIENE-** It is important to maintain a normal level of oral hygiene in the non-operated areas by brushing and flossing. It is possible that the area surrounding the implant placement site will be tender for a few days. However, the area near the implant site still needs to be cleaned as much as possible to keep it “plaque free”.

- 6) **MEDICATION-** Please follows the instructions on the bottle for any medication prescribed. If any adverse reactions should arise, such as nausea, itching, swelling, or any allergic symptoms, please contact the office immediately and discontinue all medication. Be sure to have some food in your stomach when taking medication, so it does not upset your stomach. If we prescribed a mouthwash for you, we recommend rinsing with ½ ounce, twice daily, for at least 30 seconds each time.

- 7) Healing results are significantly worse in smokers than in non-smokers.

- 8) **PROBLEMS OR QUESTIONS?** – If you need to contact me and cannot reach me at my office, I can be reached on my cell phone. **My cell phone number is (713) 417-3735.** If for some reason there is no answer, please leave a message after the tone, including your name and complete phone number, and I will return your call as soon as possible. If you feel you need to be seen by a doctor immediately, please go to the emergency room.