



Dental Implants & Periodontics of Connecticut

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POST OPERATIVE INSTRUCTIONS

BLEEDING: Slight bleeding (oozing) is normal. For excessive bleeding, apply moistened gauze or a moistened tea bag **DIRECTLY** on the bleeding area for 15 minutes using constant firm finger pressure. Repeat this procedure 2-3 times. To prevent bleeding the first day or if bleeding occurs later in the week:

DO NOT RINSE, SPIT, SMOKE, OR DRINK THROUGH A STRAW—simply drink normally from a glass

PACKING: Packing may be applied to the areas as a protective bandage for approximately one week. It is better not to have anything hot for at least the first two hours after the packing is placed. If it falls out and is *uncomfortable* please call, otherwise rinse as directed to keep the surgical area clean and it will be fine uncovered.

SWELLING: Apply ice to the side of the face for the first day beginning as soon as possible. Apply the ice 15 minutes on then 15 minutes off. Swelling will most likely increase until the third day and then slowly go down.

MEDICATION: If you have been given pain medication it should be taken as directed. If antibiotics have been prescribed, they should be taken until the prescription is completed. A mild non-steroid medication (Motrin type) may help keep the swelling down and should be taken the first 3 days even if it is not needed for pain. It is usually wise to try to take the first dose before your local anesthetic has completely worn off. Make sure to take medications with a large glass of water to decrease the incidence of nausea.

RINSING AFTER THE FIRST DAY: Rinse with *Perioguard* or *Peridex* as prescribed. Salt water rinsing (1/4 tsp. Salt in glass of warm water) is encouraged to remove food and keep the surgical areas comfortable.

FOOD: a good diet is essential for proper healing. Soft foods that can easily be cut with the side of a fork are usually suitable such as fish, cooked vegetables, eggs, pasta, etc. The drinks such as *Ensure* are excellent sources of nutrition during the healing phase. Please do not eat popcorn, corn on the cob or other “sticky” foods. It is important to stay hydrated—drink plenty of water.

ORAL HYGIENE: You should clean your teeth as you normally do in all areas except the surgical site (begin oral hygiene 2 teeth away from the stitches).

SMOKING: Smoking after surgery cause delayed healing and more post-surgical sensitivity. It is advisable to refrain from smoking for as long as possible after the procedure.

EXERCISE: It is advisable to refrain from physical exercise that will elevate the pulse or blood pressure for 3 days following surgery. If you experience bleeding do not exercise for the full week the stitches are present.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE DO NOT HESITATE TO
CALL DR. BARASZ AT 203-630-1312**