

Dental Implants & Periodontics of Connecticut, LLC
POST SURGICAL INSTRUCTIONS

Numbness:

Numbness usually lasts approximately 2 hours. Please do not chew anything or drink hot or cold liquids until your numbness is gone.

Discomfort and Oral Hygiene:

You can expect to experience some discomfort following your treatment, typically day 3 is the worst and discomfort should start to improve after that. However, to make you more comfortable while you are healing do the following:

- For gums: Rinse 3 to 4 times daily with warm salt water (1 teaspoon of table salt in an 8 oz. glass of warm water).
- If we have prescribed Chlorhexidine (Peridex), please use as instructed (one capful twice a day, gently swish and spit, no eating or drinking for 30 minutes after use). We recommend using this after breakfast and before going to bed. Typically, we have patients use this for 1-2 weeks. You may use saltwater rinses along with this.
- Unless instructed otherwise, please do not brush or floss the surgical site, but do so everywhere else. We will provide further instructions at your post-operative visit.

Medication:

Pain following periodontal surgery is usually well controlled with non-narcotic medications such as Ibuprofen (Advil, Motrin), Naproxen (Aleve) or Acetaminophen (Tylenol). Narcotic medications (such as, Vicodin or Codeine) may be additionally beneficial for pain control. You may elect to take the prescribed narcotic for pain that is moderate to severe. Narcotic medications may cause drowsiness and/or nausea. To minimize stomach upset, take your medication with at least ½ glass of water and after meals.

- If you are cleared to take NSAIDS (e.g. ibuprofen) we recommend the following protocol (unless otherwise directed by your doctor):
 - Take 600 mg (either prescription or OTC) of ibuprofen every 6 hours
 - Three (3) hours after you take the ibuprofen, take 1 tablet of acetaminophen (500 mg over the counter medication). Continue to alternate every three hours (one 600 mg prescription tablet of ibuprofen and then one 500 mg tablet of acetaminophen three hours later) for at least the next 2-3 days.

Pain may increase each day up through day 3 post-surgery. After 3 days the pain should decrease. However, discomfort lasting up to one week is normal and should not be a cause for concern. Continue to take pain medications as needed after day 3. DO NOT exceed 2,400 mg of IBUPROFEN AND/OR 3,000 mg of ACETAMINOPHEN in a 24-HOUR period. If you take a prescribed narcotic medication like Vicodin or Codeine, TAKE THESE IN LIEU OF ACETAMINOPHEN as these medications have Acetaminophen in them.

**If antibiotics have been prescribed, they should be taken until the prescription is gone.

Activity:

You can generally resume normal activities a few days following periodontal surgery. However, it is recommended that you limit your activities and return home to rest the day of your surgery. This is especially true if you have taken sedative medications.

Bleeding:

For several hours following surgery and even up to 48 hours after surgery, a small amount of blood may appear in your saliva. If bleeding persists, try to localize the area from where the bleeding is coming. Apply firm but gentle pressure directly to the site of bleeding with a moistened gauze pad or moistened black tea bag for 40 minutes. If you have a liver clot over the surgical area (a black mucous coating) wipe it completely away with wet gauze and apply the tea bag over the site for 40-60 minutes. If severe bleeding continues and you cannot stop it, please call the office. If you are unable to reach someone in a timely manner, go to your local emergency room. Your gums may bleed for a few days when you start brushing or flossing (once we have instructed you to do so). Do not be alarmed as this is normal.

Brushing:

Brush thoroughly but gently, avoiding the surgical area as instructed until your post-op appointment. If a mouthwash was prescribed, it will clean the surgical area. Only use the prescribed mouthwash for the 2 weeks after surgery or instructed otherwise by your dentist. Temporarily avoid brushes, including electric brushes, rubber tips, water picks or other dental aids in the surgical area.

Important Precautions that if not observed, may lead to poor surgical outcomes:

- Smoking (including e-cigarettes) is contraindicated after surgery and must be avoided.
- Consumption of alcoholic beverages should be avoided for 24 hours after surgery or for longer if you were prescribed a medication where alcohol is contra-indicated. Please follow the directions on all prescription medications
- Dentures may NOT be worn until relined or refilled by a dentist. The wearing of dentures may jeopardize a successful healing process.
- Avoid using a straw for four days and cautiously spit after brushing.
- DO NOT look at the surgical site (i.e.- no pulling on your lips) this will interfere with the surgical outcome and cause concern by what you may see. (True indications for concern are a fever and bad taste, in which case, please call the office)
- Avoid sleeping on your stomach and the side of your face on which the surgery was performed.

Additional surgical instructions

- For implant patients: Most patients have a cap (refer to picture below), which was placed over the implant that you can see. Over time this may become loose or fall out. This is not a cause for alarm, simply call the office and we will schedule a time where you will bring it in for re-installation.



- Stiches may have been placed during surgery. Dissolvable stiches may be digested or spit out. If stiches begin to loosen and dangle to the extent that they are uncomfortable, please call the office and we will trim them. However, this is normal and if comfortable, the loosened stiches may be left alone.
- You may have had a bone graft placed during your surgery. It is normal for some of the granules (which look like sand) to trickle out over several weeks. In addition, if a membrane was placed you may see that it is exposed and will appear as a white area. This is normal and eventually will be covered by your gums. By the time of your post-op appointment it is not expected that the surgical site be completely closed. It may take 6-8 weeks for tissue to completely heal.

Nutrition:

A good diet is important for healing. A semi-soft high protein diet is recommended. Avoid hot, sticky, chewy, hard, and crunchy foods since they may injure healing tissues (i.e.- seeds, nuts, chips, peanut butter, etc.). Food suggestions include scrambled eggs, yogurt, bananas, instant breakfast drinks, applesauce, cottage cheese, pasta, chicken, oatmeal, etc. (very cold foods or drinks, such as ice cream or milk shakes sometimes also cause discomfort to your teeth and should be eaten cautiously). Patients do well with cutting foods up and eating on the non-surgical side.

Temperature:

Avoid extreme hot or cold on your teeth, as temperature sensitivity is common after surgery. Sensitivity is normal and may last from a few days to several months. You should expect gradual improvement. At the time of your follow up we can discuss the use of anti-sensitivity toothpastes such as Sensodyne or concentrated fluoride gels such as Prevident.

Post-Surgical Problems:

Swelling and bruising is common. You may use an ice pack in 15-minute intervals to help with this. If you experience swelling that increases after 3 days, fever, discomfort that is not controlled by the prescribed medications, an adverse reaction to any medications, or if you are uncertain about your progress in healing, please call the office.

Call us: If you have any further questions or concerns, please call the Meriden office at 203-630-1312, or the Waterbury office at 203-597-0055.