

**BRUCE K. BARR, D.D.S.,P.C.  
KENNETH W. MARINAK, D.D.S.  
& ASSOCIATES**

**PERIODONTICS /ORAL IMPLANTOLOGY**

*Diplomates of the American Board of Periodontology*

**Post Operative Instructions Following Periodontal & Implant Treatment**

You have just undergone a surgical procedure and the following guidelines will be helpful in making you as comfortable as possible. Expect the following: \*some swelling by day 3, \*some oozing blood, \*some discomfort.

**1. ICE** - This is the most important thing you can do for yourself during the first 24 hours as it will diminish discomfort and future swelling. Use the ice on and off every 20 minutes by placing it on the outside of your face. After 24 hours, switch to moist heat.

**2. EATING** - It is very important to take in nourishment for strength and also to make sure your stomach is coated in case you need to take any of the medication. Avoid very hot foods or foods with sharp edges, like potato chips, popcorn and seeds. **Do not** drink with a straw for 24 hours as this often produces bleeding. Do not chew directly on the site(s) of the operation for at least two weeks. Soft food is recommended during the first post operative week. Alcohol consumption should be reduced.

**3. MEDICATION** - You probably have been prescribed some medications following the procedure. If you have antibiotics, take all of the antibiotics, as prescribed. If you have been prescribed pain medications, take them as needed. For patients experiencing pain, it is usually best to alternate the narcotic-based medications on a 4-6 hour basis with the anti-inflammatories, like Tylenol or Ibuprofen. Using this approach, there is always some medication in your system every 3-4 hours. Always take your medication 20 minutes after you have eaten something to avoid nausea. If antihistamines have been recommended to dry your sinuses, please take them for a full week.

**4. BLEEDING** - Minor bleeding may occur after your periodontal procedure—usually there are just a few drops of blood mixed with your saliva. However, if it persists, sit up straight in a chair and use a wet, cold gauze pressed on the areas. **Do not** rinse, as this often breaks up the blood clot, causing more bleeding.

**5. RINSES** - Wait 24 hours before you begin to rinse your mouth, whether it is with salt water, which is helpful to do 2-3 times a day for the first week, or the prescription medication.

**6. PERIODONTAL PACK** - If a periodontal pack was placed over the surgical area, it was there for your comfort and has absolutely nothing to do with the healing process. Should it come out and you are comfortable, there is no reason to be concerned. However, should it become loose and you would like it replaced, please contact the office so this can be done.

**7. SWELLING** - Swelling is a normal occurrence after a periodontal procedure and usually is at its maximum on day 3. After the first day, if you do have extensive swelling, it can be reduced with moist heat on the outside.

**8. BRUSHING, FLOSSING, ETC.** - You can lightly use your toothbrush in the surgical area, but do not use floss or Water Piks. Please avoid pulling on lip or cheek in the surgical area.

**9. IMPLANT** - If you have had dental implants, **do not** put your dentures in unless directed by the office.

**10. SMOKING** - Smoking should be avoided.

**11. NO STRENUOUS EXERCISE FOR FOUR (4) DAYS.**

If you have any questions or concerns, please call the office at any time. We have a 24-hour answering service available for your convenience as well as the doctors' home numbers if you need them: