

# Southern Arizona Periodontics, P.L.C.

## Periodontics and Dental Implants

Edward R. Cole, D.D.S

Susan B. Sharp, D.D.S

### INSTRUCTIONS FOLLOWING SURGERY

1. Do not rinse, smoke or use a straw day of surgery; it interferes with blood clotting, and may cause uncontrolled bleeding.
2. Please allow 6 to 8 weeks of post operative healing from day of surgery. Moderate discomfort is to be expected and may continue for several days. It is common for discomfort to increase 3<sup>rd</sup> to 5<sup>th</sup> day after surgery. You may also experience some sensitivity to cold, hot or air. Please take the prescribed medication as directed.
3. Eat prior to taking medication to avoid upset stomach. Should you have a reaction, such as (hives, rash, itching, short of breath etc.) discontinue the medication **AT ONCE** and contacted our office.
4. Moderate to severe swelling may occur. Apply ice pack for 15 minutes, and then take it off for 15 minutes. Repeat this procedure until bedtime. Do this the day of surgery and continue the 2<sup>nd</sup> to 3<sup>rd</sup> day if swelling continues.
5. We highly recommend the second day of surgery to rinse gently with warm salt water after each meal. This helps the healing process.
6. Eat a soft, high protein diet until your next post-operative visit. There is a sample menu on the back of this sheet.
7. Do not brush the surgical areas until your first post-operative visit, you will be instructed on proper care at that time.
8. Allow 6 weeks of **NO BRUSHING OR FLOSSING** if a bone regeneration material has been placed in the surgical area. You were given a prescription for an antibacterial rinse called *Peridex*. After each meal, rinse and swab with cotton tip all surgical areas. **Do not use electric toothbrush to surgical areas until doctor approves.**
9. If a surgical dressing was used, do not disturb or remove it until your next visit.
10. If dissolvable sutures have been used, they may start to dissolve and loosen. This usually occurs 4 to 5 days after surgery.
11. **COMPLICATIONS:** Severe bleeding, marked temperature rise, or excessive hot swelling occurring a few days after surgery are complications. If excessive bleeding occurs, you can try to control bleeding by placing a tea bag or gauze on the bleeding area and apply continuous pressure for 30 minutes. If bleeding persists please contact our office immediately.
12. You are to return to the office 2 week after surgery to check healing areas and removal of surgical dressing and/or sutures. Post operative checkup are to be followed as directed.
13. For questions or problems **after office hours** please feel free to call the Doctor. If they are not able to answer, please leave a message and your call will be returned ASAP.

Dr. Cole.....299-8893

Dr. Sharp.....834-5287

Or Emergency Line.....322-9300 option 2