

Implant and Periodontal Surgery Post Operative Instructions

1. The Day Of Surgery:

- A. Take your medication as prescribed. If no prescription pain medication is prescribed, Ibuprofen (Advil, Nuprin, Medipren, etc.) works quite well, take 4 tablets immediately. Then 2-4 tablets every 6 hours as needed for pain.
- B. Do not engage in any activity that is strenuous or that will elevate the heart rate. This will cause rebleeding.
- C. Drink lots of liquids.
- D. Eat a nutritious, cold, soft diet for 48 hours. Avoid chewing on the side where periodontal surgery has been done.
- E. Do not smoke this will affect healing.
- F. If a dressing or stent is placed, leave it in 24 hours a day for the first week. Do not play with it or try to dislodge it with your tongue.
- G. Do not brush the surgical area. If Peridex rinse has been prescribed, rinse **GENTLY** with it for 30 seconds and then spit it out. Do this **TWICE** a day.

2. What To Expect:

- A. A slight amount of swelling may occur. On the day of surgery this can be controlled with ice packs applied to the outside of the face over the surgical area. Apply the ice for 15 minutes then remove for 15 minutes. Then reapply. Do this for 4-6 hours
- B. A slight amount of bleeding is to be expected the day of surgery. Your saliva will be red colored. If bleeding is excessive, call and report it.

3. Report Any Of The Following:

- A. Swelling which begins 3 or more days after surgery.
- B. Excessive bleeding
- C. Discomfort not controlled by your pain medication.
- D. Loose or lost dressing during the first 3 days after surgery.
- E. Anything about your healing that concerns you.

If you have any questions or concerns please call Dr. Krippaehne's office.