

DC Dental Spa

(202)333-9282

Post Operative Instructions Following Periodontal and/or Implant Surgery

Medication

- If you are given an antibiotic, take all medication until finished.
- For pain, take whatever you normally take for a headache (Tylenol or Advil, for example.) We will prescribe a stronger pain medication if needed.
- Apply the ointment recommended several times a day as needed. (Oxygen Gel.) If desired, Orabase with Benzocaine that is available over the counter at your local pharmacy may be used.

Dressing and Sutures

- If a surgical dressing or sterile plastic coating was used, leave it on as long as it wants to stay.
- The sutures used are absorbable and will dissolve in about a week or so
- Do not manipulate or touch the area of surgery.

Home Care

- You may start brushing the surgical area lightly tomorrow
- It is very important to keep the area clean. Peroxide may be used to gently swab the area from the gum toward the tooth if you are too tender to brush there.
- Continue to brush and floss area other than the surgical site as normal. You should begin flossing the surgical site after your first post operative appointment or as instructed by the Doctor.

Bleeding

- If bleeding occurs (which is sometimes the case) apply pressure with a gauze pad or a moist tea bag. **If bleeding persists or is profuse, call the office or emergency contact number immediately.**

Swelling

- There may be a slight amount of swelling. If there is, apply a cold compress (ice pack) to the area for 15 minutes every hour that you can or until swelling has subsided.

Diet

- You may eat whenever the anesthetic wears off. A soft diet is recommended the first day or so unless you are instructed differently by the Doctor. Foods like eggs, pasta, hamburger, fish, steamed vegetables and soups are good. It is wise to chew as much as possible on the side opposite the surgery site. Vegetable juice such as V-8 is good as it promotes clotting and is high in vitamins and minerals.

SMOKING IS PROHIBITED!!! IT IMPEDES THE HEALING PROCESS!!!

IF YOU HAVE ANY PROBLEMS, CALL THE OFFICE IMMEDIATELY DURING REGULAR HOURS.