

South Shore

LONG ISLAND
PERIODONTICS &
IMPLANTOLOGY PC

3366 Park Avenue
Wantagh, NY 11793
516.826.4949



Dr. Leslie G. Batnick D.D.S
Dr. Lois B. Levine D.D.S
Dr. Joo H. Kim D.D.S.

POST-OPERATIVE CARE INSTRUCTIONS OSSEOUS SURGERY

BLEEDING & DRESSING

- **Do not spit, sip through a straw, or rinse mouth** during the first day.
- If you had a dressing placed, small pieces of it may break off while eating or brushing, causing the exposed area to be sensitive to hot, cold, spices and sweets. To reduce discomfort, **rinse with warm water** several times a day. If you are still uncomfortable, contact the office for an appointment to replace the dressing.

ORAL HYGIENE

- After the first **24** hours, **rinse twice a day** with Listerine or the prescribed rinse.
- **Do not brush** the surgical area for one week, or until instructed to do so.
- Brush your remaining teeth, gums and tongue with a new toothbrush, as thoroughly as possible, taking precaution to avoid disturbing the site.

SWELLING

- Swelling and bruising will be greatest during the first **24-72** hours following surgery.
- To minimize swelling, place an **ice bag** on the affected side of your face, alternating 15 minutes on the face, and 15 minutes off the face. Ice the area for the rest of the day.
- If possible, at night **elevate your head** by using extra pillows.

DIET & EXERCISE

- **Only consume soft foods during the first day or two following surgery**, in order to avoid contaminating the wound with food particles. Jello, ice cream, yogurt, applesauce, etc. are recommended instead. Avoid eating on the side of your mouth that was operated on.
- **Avoid very hot or spicy food** for the first two days following the procedure.
- Smoking is discouraged for the first two weeks following surgery.
- Alcohol consumption is also discouraged for the first three days.
- **Do not exercise** for **two** days following surgery (aerobic activity).

ANALGESICS & ANTIBIOTICS

- Some discomfort can be expected for the first few days but will gradually subside with healing of the tissue. If you experience any discomfort, take two Tylenol, Advil, etc., or medication we have prescribed at **4-6 hour intervals**, or as prescribed.
- If prescribed, take the antibiotics tablets in accordance with instructions on the bottle.
- If you develop a **fever above 100 degrees**, **call the office**.

Please Note:

- The surfaces of operated tissue may feel irregular after surgery. Teeth on the operated side of the mouth may feel "higher" than other teeth in the mouth. This is temporary so do not be concerned.
- Patients may experience **tooth sensitivity** to hot and/or cold. Sensitivity to heat may last 1-2 weeks. Sensitivity to cold may last for longer, in some cases up to 3-4 months.
- **Mobility of the teeth** on the operated side may increase initially. Do not be concerned, as teeth will usually tighten up after time. In extremely complicated cases this may take up to 6 months. Patients with extreme bone loss, who need permanent periodontal splinting after periodontal surgery is complete, will continue to exhibit mobility until the teeth are splinted together.
- **Gum recession** may result from surgery, but appears to be the worst during the first few weeks after the dressing is removed. As healing progresses, normal color and a smooth, natural shape will return.

If you have any questions or problems, please feel free to contact the office at any time