

South Shore

LONG ISLAND
PERIODONTICS &
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POST-OPERATIVE CARE INSTRUCTIONS SOCKET PRESERVATION AND RIDGE AUGMENTATION

BLEEDING

- **Do not spit, sip through a straw, or rinse mouth** during the first day.
- **Bite on the gauze** for **30** minutes. If you are still bleeding, replace gauze every 30 minutes until bleeding stops. If you are still bleeding after several hours, wrap a tea bag in gauze and bite on it for 30 minutes.
- **Do not smoke** for **24** hours. Smoking will cause bleeding.
- Do not be surprised if you experience a little bleeding throughout the night. Put a towel over your pillow prior to going to sleep.

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 fifteen minutes on the face, and fifteen 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

- **Do not drink or eat anything hot or spicy**, such as coffee, tea, soup, or other hot foods. You may eat warm or cold foods.
- **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.
- 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).

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.
- Take the prescribed antibiotics tablets in accordance with instructions on the bottle.
- If you develop a **fever above 100 degrees**, **call the office**.

DENTURES

- **Do not** wear removable dentures until specified (wearing dentures too early will jeopardize healing).

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