

Post-Operative Instructions

You will be given a prescription for a pain medication. Please take it with food to minimize the chances of nausea. For the first week the discomfort may come and go. This is part of the normal healing process. To minimize swelling we recommend cold application (ice packs or a bag of frozen peas) immediately following surgery for the first few hours.

Please avoid excessive rinsing, smoking or sucking through a straw for the first 24 hours, for it may interfere with blood clotting. If excessive bleeding does occur, do not be alarmed. Apply firm pressure (finger pressure or a moistened tea bag) to the area for 20 minutes. Repeat if necessary.

Dressing

If a periodontal dressing has been placed over the surgical site, it will take approximately 2 hours to harden. Please avoid drinking or eating anything hot during this time. If the dressing comes off prior to your first follow-up appointment, please notify the office.

Oral Hygiene and Diet

Perform your regular hygiene procedures in all areas of your mouth not involved with the surgery. Special instructions pertaining to the surgical site will be given. Many times an antibacterial mouth rinse will be prescribed to aid in oral hygiene and healing. Maintain a healthy and well balanced diet. This is extremely important to allow proper and quick healing.. This is not the time to go on a diet

If you have any questions, please do not hesitate to contact our office at 425.747.7007.