

## STEPHEN H. GROSSMAN, D.M.D.

77 Great Road, Suite 206, Acton, Massachusetts 01720 • Telephone (978) 263-1313

Piccadilly Square, 93 Union Street, Suite 404, Newton Centre, Massachusetts 02459 • Telephone (617) 332-8550

Fax (978) 264-4440 • E-mail [shgperio@verizon.net](mailto:shgperio@verizon.net) • Web [www.shgperio.com](http://www.shgperio.com)

PRACTICE LIMITED TO PERIODONTICS • DENTAL IMPLANTS

### **POST-OPERATIVE IMPLANT INSTRUCTIONS**

To insure your comfort and the success of treatment, we strongly suggest that the following instructions be carried out:

1. To minimize post-operative swelling, place an ice pack to your face, alternating 20 minutes on and 20 minutes off, for the day of surgery. After this period, apply a warm compress (NO electric HEATING PADS NEAR YOUR FACE!) if swelling persists.
2. Avoid both HOT foods and HOT liquids for 24 hours – warm items are acceptable. NO tobacco products and/or alcoholic beverages for 24 hours. DO NOT DRINK LIQUIDS WITH A STRAW!!!
3. Do not chew on the side of your mouth just treated and do not brush those teeth covered by the dressing. However, other areas of your mouth should be cleansed as usual.
4. Do NOT rinse your mouth for 24 hours. After 24 hours, begin rinsing with PERIDEX as prescribed.
5. Since a small amount of bleeding is normal the first 24 hours, sleep with 2 pillows upright for 2 days.
6. For mild pain, take 2 Extra Strength Tylenol tablets every 4 to 6 hours as needed; For moderate pain, a prescription will be given to you. DO NOT take Aspirin. Prescribed medications may cause dizziness and drowsiness, therefore DO NOT operate motor vehicles or operate machinery while taking these medications.
7. If antibiotics are prescribed, it is vital to complete the entire course to minimize post-operative infection.

IF ANY PROBLEMS ARISE, PLEASE FEEL FREE TO CALL US SO THAT WE MAY ADVISE YOU.

HOME TELEPHONE #: (978) 263-1937

CELL PHONE #: (978) 821-5307



Active Member  
American Academy of Periodontology