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PRACTICE LIMITED TO PERIODONTICS • DENTAL IMPLANTS

### POST-OPERATIVE INSTRUCTIONS

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

1. A dressing may be placed on the treated area. If the dressing falls off, please keep the area clean with prescribed rinses.
2. 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.
3. Avoid HOT foods and HOT beverages for as long as the packing is in place.
4. In some cases, puffiness or mild swelling may result. This is not unusual. It may be kept at a minimum by holding ice on the outside of your face, adjacent to the treated area, for the first 3 to 4 hours after your surgical visit. \*\* 5 minutes on, 5 minutes off \*\*
5. Avoid excess exertion of any type for 24 hours after surgery.
6. Mild discomfort is readily controlled with a prescription as directed. Continue taking medication only if necessary to prevent discomfort.
7. If penicillin or other antibiotics are necessary, we will give you a prescription. Please continue taking the antibiotic as prescribed until finished.
8. Occasional blood stains in the saliva may be expected. If some bleeding continues, rinse with ice water, holding in your mouth for one minute and then let it dribble out. If that does not work, then take a piece of gauze or moistened tea bag and cover the area under pressure for 30 minutes.
9. A nourishing diet of high protein and plenty of fluids will aid in healing.
10. If you develop an unpleasant taste, you may gently rinse with cool water, with or without mouthwash.
11. DO NOT TAKE ASPIRIN, as it promotes bleeding.

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

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American Academy of Periodontology