

POST-OPERATIVE INSTRUCTIONS FOR PERIODONTAL & IMPLANT SURGERY

Please read these post-operative instructions. If you have any questions or problems, do not hesitate to Affinity Periodontics and Implant Dentistry.

Bleeding: Slight oozing from the surgical site/ taste of blood is common and of no concern. If bleeding is more severe, gently place a piece of wet gauze or a wet, caffeinated tea bag directly onto the site. Apply constant pressure to the area for at least 45 minutes. If bleeding continues for more than 2 hours or you become concerned, please call for further instructions and / or assistance.

Swelling: Some swelling is common after surgery. Place an ice pack on the cheek or lip over the surgical site for 20 minutes on, 10 minutes off, 3-4 times during the first 24-48 hours after the surgical procedure to reduce swelling and relieve discomfort. For any residual swelling after the first 48 hours, use heat (warm towel, warm heat pad or warm water bottle) to increase circulation and promote healing. If swelling/discomfort becomes progressively more severe after 2-3 days, please let us know.

Rinsing: Avoid vigorous rinsing for the first 24 hours following surgery. After 24 hours you should start using the mouthwash if one was given to you. Rinse 10ml for 60 seconds twice daily.

Oral Hygiene: **DO NOT brush or floss the teeth in or immediately adjacent to the surgical site prior to your two-week post-operative appointment.** Other teeth (not in the region of surgery) can continue to be brushed and flossed as normal from the day after your surgery.

Eating: Be careful to avoid chewing food on the surgery site. Avoid seeded, grainy or spicy foods for the first few days, as they can lodge in the surgical site and cause irritation. Nourishing foods are essential for proper healing, however, eat cool, soft foods for the first 48 hours after surgery. An increase in calcium and vitamin C may help promote healing.

Drinking: It is important to maintain adequate fluid intake, especially during the first 12-24 hours after surgery, to avoid dehydration. Drink plenty of water and tepid or lukewarm tea and coffee. Extremely hot drinks and alcohol should be avoided for the first two days after surgery.

Medications: Take medications as instructed (avoiding aspirin as it causes bleeding). Generally, medications should not be taken on an empty stomach.

IMPORTANT: Driving or operating dangerous equipment while taking pain medication can be very dangerous. Also, you should not consume alcohol while taking pain medication.

Stitches: If stitches have been placed, they are often dissolvable. If they dissolve or come loose before your scheduled post-operative review and you are comfortable, do not be concerned. Continue to keep the region clean by using either warm saltwater rinses or the mouth rinse prescribed by your periodontist.

Exercise: Avoiding excessive exertion or exercise for the first 24-48 hours post-surgery will help minimise the risk of excessive bleeding and swelling.

Smoking and Vaping: Smoking and vaping interfere with the healing process, so it is best not to smoke after your surgery for at least 24-48 hours. For implant procedures, quit smoking/ vaping for at least 6 weeks prior to and following the procedure to optimise healing of your new implant.

Dentures: Do not wear a denture or appliance covering the surgical area unless it has been checked and adjusted by your periodontist.