

Starting the day after surgery:

- Take the antibiotics as directed until complete.
- Rinse with the Perioguard two times a day until otherwise directed. Do not rinse your mouth with water and do not eat or drink anything for one hour after using the prescribed rinse.
- It is also helpful to rinse the area three times a day with warm salt water rinse (1 tsp. salt to an 8 oz. glass of warm water) for the following three days to keep it clean.

Continue your home care procedures for the rest of your mouth, but avoid contact with the dressing. Special home care instruction will be given when the dressing is removed.



Following Gum or Implant Surgery

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AESTHETIC DENTISTRY • TEETH WHITENING • CROWN & BRIDGE • IMPLANTS • VENEERS • INVISALIGN • DENTURES

Following Gum or Implant Surgery:

It is essential that you follow these instructions for at least a week following surgery to insure maximum prognosis of healing.

- **DO NOT** chew on the side of the mouth, which has had the surgery.
- **DO NOT SMOKE** for 48 hours after surgery
- **DO NOT** brush the area on which the work was performed.
- **DO NOT** eat spicy or excessively hot foods.
- **DO NOT** eat any hard, crunchy or seeded foods to prevent debris from entering the surgery site.
- **DO NOT** be alarmed if any of the following occur:
 1. Slight bleeding
 2. Moderate swelling
 3. Moderate discomfort
 4. A medicinal taste
 5. A small piece of pack falls out

DO NOT take aspirin containing medicines like Anacin, Bufferin unless your physician or dentist prescribes it.

DO NOT use Listerine or any other mouth wash unless prescribed by your doctor.

The surgical pack is placed in the area to prevent trauma. If the pack loosens or falls out within two days of your surgery, please call the office if it causes discomfort, but do not be alarmed if a small piece falls out.

Swelling may possibly occur. To keep this to a minimum, do the following immediately after surgery:

- Take Motrin every 4-6 hours as prescribed for the first 48 hours whether you need it for pain or not.
- Gently place an ice pack on the outside of the face for at least 10 minutes out of every hour for 24 waking hours.

The majority of swelling occurs 24 to 48 hours after surgery. It is difficult to get swelling down once it has occurred; therefore, we attempt to prevent it.

Oozing of blood will appear to be greatly exaggerated when it dissolves in saliva. Determine the site of oozing and place pressure with a moistened tea bag for 20 minutes. When resting, elevate your head with an extra pillow.

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