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## Periodontal Associates

Dr. Thomas Eshraghi - Dr. Mari Heslinga - Dr. Angel Bello - Dr. Bradley McAllister

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### **IMMEDIATELY AFTER IMPLANT / SOFT TISSUE / BONE GRAFT SURGERY**

Everyone will have some, or all of the following symptoms: **bleeding, swelling, discomfort and bruising**. It is hard to predict to what degree you may experience these symptoms. They usually peak by the 3<sup>rd</sup> day and then begin to decrease. Adhering to the instructions below will help to optimize your healing.

**THINGS TO DO: Do not chew or put ANY pressure on the surgery site! During the first week do not touch the area (fingers, tongue, toothbrush, etc.)**

**BLEEDING:** After surgery, light bleeding is normal. This will cause your saliva to look red/pink and this is normal. This may be expected up to 48hrs post surgery. For at least the first 72 hours elevate your head whenever you lie down. If large clots of blood form at the implant/graft site or on roof of mouth, place firm pressure on the site with moist gauze or a non-herbal black tea bag for 30 minutes.

**SWELLING:** It is usually in proportion to the surgery involved. However, it may be minimized by the immediate use of ice or cold packs applied to the face over the surgical site. Place the pack on your face wrapped in at least one layer of towel for 10 minutes and then remove for 10 minutes. Repeat this procedure for the first 24-36 hours after surgery. Take medications as listed below.

**DIET:** For the first 24 hours after surgery, food and drink should be cool or cold. For the first 6 weeks, soft foods or cut small and eaten away from the surgical site is recommended so that the surgical wound will not be traumatized. Avoid alcoholic beverages when taking prescribed medications.

After implant surgery, do not chew or put any pressure on the implant or temp crown until the final restoration is placed. **Do not eat on implants for the first 3mo.** A very soft diet is required if implants have been placed on both the left and right side of your mouth. A soft diet is especially important if you wear a denture. If you are wearing a denture or flipper, please call our office prior to seeing your restorative dentist for any adjustments to your prosthesis.

**MEDICATIONS:** Before the anesthetic wears off, eat something soft and take a pain pill. It is essential to take all medications as directed. Should nausea or vomiting occur, stopping the prescribed pain medication and using Tylenol or Advil may help. If you develop a rash, itching or other unusual reactions, stop taking your medication and notify the office. If the stronger narcotic bothers you, you can combine ibuprofen and Tylenol together every 6hrs. Do not take additional Tylenol if you are still taking your narcotic as that contains Tylenol already. Do not take advil on top of our prescription ibuprofen as they are the same drug.

**PERIODONTAL DRESSING:** A protective dressing may be placed around the teeth and over the surgical site. Be very careful to avoid chewing on this dressing, especially during the first day. The dressing often will lose a few little bits and pieces, or the entire thing may come loose. You can carefully remove any loose packing material. At your follow-up appointment the remainder of the dressing will be removed.

**WEARING YOUR FLIPPER OR DENTURE:** If you wear a removable prosthesis follow the specific instructions given to you at surgery. Typically, you may wear your prosthesis 24 hours a day except while eating for the first 3 days as it has been relieved or relined with a soft material. If you leave it out for an extended time during the first 3 days, the swelling may prevent you from re-inserting it. After 3 days, or once the swelling has started to go down, it is optimal to leave your prosthesis out at night, while eating and for periods during the day, if possible.

**ORAL HYGIENE:** Do not rinse your mouth for 24 hours after surgery. After 24 hours cautiously brush the teeth away from the area of surgery and gently rinse after each intake of food and before retiring. It is extremely important to keep your mouth clean for faster healing. Begin gentle rinsing (NOT SWISHING) with the prescribed oral rinse (Chlorhexidine), 48 hours after surgery.



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### THINGS NOT TO DO

**AVOID SMOKING, SPITTING, VIGOROUS RINSING, HOT BEVERAGES, AND DRINKING WITH A STRAW** for the first week after surgery. These actions may stimulate bleeding or dislodge the blood clot.

**AVOID PHYSICAL ACTIVITY** for at least 72 hours. This includes heavy lifting, elevating your heart rate or lowering your head below your knees. Physical activity may cause a renewal of bleeding, or increased swelling. Slowly work your way back into normal activities after a minimum of 3 days of inactivity. If you have swelling, you should wait until it has gone down to initiate physical activity.

**SINUS GRAFTING:** Avoid blowing your nose. If you feel a sneeze coming, don't try to stop it, just sneeze with your mouth open to avoid any unnecessary pressure build up in the sinus area. You may be aware of small granules in your mouth for the next few days, this is normal. Do not fly or go to high altitudes for the first two weeks following surgery.

### LONG TERM HOMECARE FOLLOWING SURGERY

**Week 1** – Starting at 48hrs, begins soaking the area with the prescription mouthwash twice daily.

**Week 2** – Discontinue soaking with the mouthwash, dip a Q-Tip in the mouthwash and swab the surgical area gently.

**Week 3-6** – We will see you for a PO and provide you with a post surgical soft brush. Begin to use the “Post Op” toothbrush on the surgery site and teeth around the surgical site. Dip the soft brush into the mouthwash and brush the gum tissues over the soft tissue graft or buried implant, the healing abutment or provisional crown twice daily. You can brush and floss all other areas normally with your regular brush.

**Week 7** – If you have not been instructed to resume normal brushing, please begin by week 7. Begin using your regular toothbrush in the surgical area as well. Do not floss around the implant until you have your final crown.

**Continue using your soft brush dipped into the mouthwash on the implant healing abutment or temporary crown until you have your final crown completed.**

You will be scheduled in our office for periodic checks during the 3-6 months after surgery to ensure proper healing occurs.

For optimal results we recommend frequent professional cleanings, every 3-4 months, at your general dental office during the healing phase and for at least the first year after the final restoration has been completed.

Close monitoring of your surgery by our office and your general dentist's office, as well as your meticulous daily hygiene, will give you the best possible result.

**Notify our office ASAP if you experience any of these symptoms after the 1<sup>st</sup> week: Pain, Swelling, Bleeding, A foul taste, a loosening of the fixture or healing abutment.**

### **RESUMING CLEANINGS AFTER TREATMENT**

After any localized surgery, cleanings can be done after 1 week if the hygienist is informed to avoid the area and the teeth next door.

Soft tissue grafting: Cleaning can be done after 6 weeks but only above the gums. No restrictions after 3mo.

Implants: No cleanings around the implant for 3mo.

Laser & GTR: We prefer to do these maintenance cleanings but if they end up seeing their GP, cleaning can be done after 6 weeks but only above the gums. No restrictions after 6mo. You may resume regularly scheduled cleanings with your general dentist office after our last 6mo maintenance cleaning and 9mo from the surgery date.

**CONTACT** If you have an emergency at any time, please call the office at (503)620-2807, we are generally available 8-5pm M-F. Be sure to call the office if you have any questions or concerns and please see our office exclusively for evaluation and any treatment in the surgical area(s) until we have given clearance based on your surgical healing.

After hours, **please text your primary periodontist first, call secondarily**, and try the others if you are unable to get ahold of someone. If you have a picture available, please text that as well.

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