

EAST BRUNSWICK PERIODONTICS AND DENTAL IMPLANTS

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POST-OPERATIVE INSTRUCTIONS

- ICE:**
Applying ice to the surgical area is the most important thing you can do immediately after the surgery. Wrap an ice pack in a moist towel and place it on the outside of the mouth. (This ice pack can be a plastic bag filled with ice or some type of commercially available ice pack.) Apply the pack to your face, near the surgical area, for 15 minutes. Remove it for 15 minutes and then re-apply it again for 15 minutes. Repeat this cycle until you are ready to go to sleep. **DO NOT GO TO SLEEP WITH THE ICE PACK ON YOUR FACE!** Ice is effective for the first 24 hours after the procedure to help decrease the swelling.
- PRESCRIBED MEDICATION:**
It is also important to take the prescribed medication, as explained by the Doctor, before the anesthesia wears off. Do not drink alcoholic beverages while taking the medication. It is very important for you to follow the directions on the label, and to take the medication for the prescribed amount of time. If you should experience any type of allergic reaction (i.e. a rash, itching, or hives) stop taking the medication and call the Doctor.
- THE PERIODONTAL DRESSING:**
The purpose of the periodontal dressing is to protect the surgical area, so it is important to make an effort to keep the dressing in place. If the dressing should fall out, and you are not having any discomfort, do not be concerned. **Do not try to put the dressing back in**, as this could cause damage to the surgical site. If the dressing comes out, throw it away. In addition, **DO NOT BRUSH OR FLOSS THE SURGICAL AREA UNTIL THE DOCTOR TELLS YOU TO OR THIS COULD ALSO CAUSE DAMAGE TO THE SITE!!!** Use only the prescribed rinses to keep the area clean.
- LIQUID DIET:**
On the day of the surgery stay on a room temperature liquid diet only. (i.e. soups, broths, Ensure, juices, etc.) Drinking lots of fluids helps in the healing process. For the next 2-3 days stay on a non-spicy soft food diet. (i.e. applesauce, Jell-O, pudding, yogurt, Ensure, scrambled eggs, mashed potatoes, pasta (without the sauce), cottage cheese, oatmeal, or cream of wheat) Do not eat anything hard, sticky or chewy, as this may dislodge the dressing. Do not eat very hot, cold or spicy foods, as this may make the teeth sensitive and be uncomfortable.
- CLEANING THE SURGICAL AREA:**
In addition to the prescription mouthrinse, gently rinse 4-5 times per day with warm salt water. **DO NOT DO ANY RINSING, SPITTING, SMOKING, OR DRINKING THROUGH A STRAW, FOR THE FIRST 24 HOURS!** Brush and floss all of the teeth which were not involved in the surgical site but use only the rinses to keep the surgical area clean.
- 2-3 DAYS AFTER SURGERY:**
Some swelling and oozing of blood is to be expected through the first 48-72 hours. If sensitivity, bleeding or swelling has not significantly decreased after the third post surgical day, please contact our office.
- FOLLOW-UP VISIT:**
It is very important that you return to the office approximately 1-2 weeks after the surgery to have the sutures removed and the area cleaned. This appointment will last approximately 10-15 minutes.

If you have any questions about the surgery or these post-operative instructions, please do not hesitate to call the office. If no one is available to take your call, please leave us a message with our answering service and someone will return your call. We care about you, and your thoughts are important to us!!

Thank you,

DR.MIRMAJLESSI AND STAFF