
Colorado's Premier Provider of Dental Implants & Periodontics

Patient Instructions Following Periodontal and Implant Procedures

The following information outlines important instructions for you following your procedure with Periodontal Associates. **Please read the instructions carefully.** These instructions are designed to minimize post-surgical discomfort. Please call our office at 303-755-4500 if you have any questions.

What to Avoid

- Exercise- Wait at least 4 days after treatment to participate in any exercise that may elevate your heart rate. Avoid contact sports which can traumatize the surgical area during healing.
- Smoking- Smoking can delay your healing and is **not recommended** after any procedure.
- Straws - The sucking motion that your mouth makes when you are using a straw can cause dry sockets to form or can cause your wound to reopen.

Discomfort

To minimize discomfort take medications as prescribed. Lodine (Etodolac) should be taken every eight hours. If you still have discomfort four hours after taking Lodine (Etodolac) then take 1000mg of Tylenol (Acetaminophen). Alternate between Lodine (Etodolac) and Tylenol (Acetaminophen) 1000mg every four hours thereafter. Do not exceed 4000mg of Tylenol (Acetaminophen) per day.

Medications

Please take all medication as directed, especially antibiotics. If any side effects occur like itching, stomach pain, rash, or diarrhea call the office at 303-755-4500. **If you have trouble breathing call 911 immediately.**

Oral Care

- **Do not brush or floss** around the surgical area for the first week unless you are told to do so.
- If you were prescribed mouth rinse, it is anti-microbial when used 2-3 times per day. Continue with normal home-care in the areas which have not been treated.
 - Do not rinse on the day of surgery. Begin rinsing the day **after** treatment.
 - Do not rinse with other mouthwash unless approved by your periodontist.

Periodontal Dressing ("packing")

If your doctor placed packing, it will normally breakdown in a few days or even on the first day. Do not be concerned if it falls off.

Sutures

If the sutures are dissolvable they will breakdown on their own in 4-10 days. If you have non-dissolvable sutures they will be removed at your first post-operative appointment. Do not pull on sutures.

Swelling

- Swelling can be normal. Over the course of the first day apply ice packs to the outside of the cheek over the treated area for 15 minutes on and 15 minutes off.
- Elevate your head (i.e. using more pillows to prop up head while sleeping).
- Minimize movement of the surgical area.
- Swelling will be the greatest after 2-3 days and may progress to bruising.

Bleeding

Red saliva or a small amount of bleeding is normal following most periodontal procedures for 1-3 days. Applying firm pressure for 10 minutes with gauze or a tea bag normally stops bleeding. Please call the office at 303-755-4500 if the bleeding is excessive or cannot be stopped.

Eating

Please eat softer foods for 2 weeks following periodontal surgery. Anything you can cut with the side of a plastic fork is usually okay. For the first 2-3 days after surgery do not use a straw. Avoid hot foods for the first 2 days.

Foods you can Eat:

- Chicken
- Fish
- Pasta
- Shakes (do not drink with a straw)
- Yogurt
- Applesauce
- Cottage cheese
- Eggs (cooled)
- Mashed potatoes
- Soup (room temp)
- Oatmeal

Foods to Avoid:

- Chips
- Anything acidic
- Anything hard or sharp
- Hot & spicy food
- Carrots & Celery (other hard vegetables)
- Nuts & popcorn
- Hard crunchy bagels
- Crusty breads
- Crunchy cookies
- Anything with seeds like fruits, muffins, breads, jams with seeds (seeds can get stuck under gums)

Specific Periodontal Procedure Instructions

Sinus Grafts

Refrain from blowing your nose for at least 2 weeks. Do not hold in sneezes. Please note that nosebleeds are normal after sinus grafting.

Gum Grafts

The area where the graft was taken (the palate) can be tender. Leave the retainer in place for 48 hours. The retainer is for your comfort so wear it for the first week (as you desire). It is recommended that you wear it while eating. If liquid bandage is used to cover the palate, it will peel off within about a week. If the graft changes color do not be alarmed as this is normal and is part of the healing process.

Laser Periodontal Therapy

It is common to have gum tissue discoloration following treatment. Gum tissue will return to a normal pink color around 1-2 weeks after treatment. Cold sensitivity on teeth is normal and will lessen with time. Refrain from brushing the treated area for 1 week.

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