



## INSTRUCTIONS FOLLOWING SURGERY-3

Your care in following these instructions will speed your recovery and enhance a good cosmetic result.

1. **Healing** – Do not disturb the wound by touching it with your tongue, fingers, or toothbrush. The blood clot which forms in the extraction site is the method by which the area heals and should be left intact.

A) Take your antibiotics and antihistamine/decongestant.

B) Do not blow your nose.

C) Do not drink through a straw.

D) In case if had any sinus augmentation procedure or sinus communication occur during the extraction Avoid sneezing (the decongestant will help prevent sneezing). If you must sneeze, do so with your mouth open. Do not stifle the sneeze by pinching your nostrils.

E) Do not smoke.

2. **Bleeding – For Extractions Without a Socket Bone Graft:** To help stop bleeding, keep pressure on the extraction site with moistened gauze for thirty minutes. If bleeding continues, replace moistened gauze over the extraction site and apply pressure for thirty-minute intervals until it stops.

**3. Medications:** Fill all of your prescriptions when you leave the office and follow the directions on the labels. Take with eight ounces of milk or fruit juice to prevent nausea. Medication may be repeated every three or four hours as needed for discomfort. Two tylenol or advil may be taken with the medication. Never take medication on an empty stomach as this could result in nausea. If nausea occurs anyway after taking medication, take Pepto Bismol. If nausea still persists, you may call your doctor who can prescribe stronger anti-nausea medicine. As the local anesthetic wears off, you may experience pain. If so, take your pain medication as prescribed.

Controlling Discomfort Following Surgery

It is common to have discomfort following oral surgery for several days. Our brains perceive discomfort through several different types of pain receptors. Blocking those receptors prevents discomfort. No one medication blocks all the different types of pain receptors, so using a *combination* of medications brings about the best relief.

### WARNINGS:

- Do not take the medications listed above if you are allergic to any of them.



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- Do not take additional *over-the-counter* or *prescription* pain medications that you may have at home with this regimen.
  - Do not follow this regimen if you have kidney or liver disease.
  - Your doctor will prescribe a specific regimen for you if you cannot take any other medications .
4. **Sleeping:** Elevate your head with pillows the first 24 to 48 hours. Cover your pillow with an old towel the first 24 hours to prevent blood stains to the pillow. Do not sleep on the side of your head where the surgery was performed for 2 weeks. Pressure from the pillow can deform the bone graft.
  5. **Diet:** Eat only liquids while your mouth is numb. After the numbness wears off and feeling returns, eat only liquids and very soft foods. Continue eating only soft foods for the first two days after surgery. After two days, you can gradually return to a normal diet. Chew only on the non-operated side of your mouth for the first two weeks. A nutritionally balanced diet is important. Dietary supplements such as Instant Breakfast are good. Don't skip meals. If you take nourishment regularly, you'll feel better, gain strength, have less discomfort, and heal faster.
  6. **Bleeding:** Minor bleeding is expected throughout the day of and the evening of surgery. It should be stopped by the following day. Call your doctor if heavy bleeding occurs.
  7. **Swelling:** You may get some swelling and discoloration around the recipient site. **Place ice Pack on your face with slight pressure. Bone grafts are usually soft for the first few weeks after surgery. Pressure from an ice pack or pressure from touching the area with your fingers can deform the bone graft. Men should be careful when shaving not to apply pressure to the area. Swelling usually happen for the first 48 hours.**
  8. **Rinsing:** Do not rinse your mouth vigorously for the rest of the day of the surgery or any time that you have bleeding. Starting the day after surgery, rinse with prescribed mouth rinse as directed on the label.
  9. **Oral hygiene:** Clean the rest of your teeth as you would normally. Brush lightly only the biting surfaces of the teeth where the surgery was performed.
  10. **Recipient site:** Avoid contacting the area where the graft was placed. Do not touch the area with your tongue or fingers. Do not pull out your lip to inspect the area.
  11. **Smoking:** Do not smoke for the rest of the day of the surgery. It is strongly recommended not to smoke for the first 2 weeks after surgery since smoking interferes with healing and makes the results less predictable. Better yet, why not quit altogether!
  12. **Activity:** You should refrain from any physical activity for the rest of the day of your surgery. It is also recommended to have a "light day" the first day after surgery. Thereafter, let your good judgment be your guide.
  13. **Occlusal guard:** If you wear an occlusal guard (bite guard) at night that has been made in this office, continue to wear it.



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**In case of Grafting site: Avoid contacting the area where the graft was placed. Do not touch the area with your tongue or fingers. Do not pull out your lip to inspect the area.**

14. **Sutures:** Non-dissolving sutures are used to keep the gum tissue in place. Do not disturb the sutures with your tongue. Please let us know if the ends of the sutures are causing irritation to your tongue. Sutures will be removed twelve weeks after the surgery. You may also have small areas where self-dissolving sutures will be used. These sutures will fall out by themselves in seven to fourteen days.
15. **Smoking:** Do not smoke for the rest of the day of the surgery. It is strongly recommended not to smoke for the first 2 weeks after surgery since smoking interferes with healing and makes the results less predictable. Better yet, why not quit altogether!
16. **Activity:** You should refrain from any physical activity for the rest of the day of your surgery. It is also recommended to have a “light day” the first day after surgery. Thereafter, let your good judgment be your guide.

**17. QUESTIONS OR PROBLEMS:** Please feel free to call the office during business hours if you have a question or a problem. After hours, you may reach Dr. Fallah at cell **310-962-6151**. Please call the doctor again if your call is not returned within 30 minutes. In case of difficulty to breath or Emergencies call 911.