



After Surgery Instructions

Some swelling and a little bit of bleeding is expected within *the next two days*.

Keep the ice pack on during the **first two hours** after surgery. An ice pack placed over your cheek where the implant or graft was done may reduce swelling. As soon as possible, put the ice pack over the area for 20 minutes, then remove for 20 minutes, and repeat. Continue for the first two hours post-operatively to help reduce the amount of swelling.

Take **pain medication** as prescribed. Be aware that this medication can make you drowsy. You should not drive or operate machinery while you are taking it. If you choose not to have prescription pain medication, *Ibuprofen is not to exceed 3,200mg in a 24 hour period and Tylenol is not to exceed 3,900mg in a 24 hour period.* If prescribed, continue your **antibiotics** until gone, do not stop taking them.

During the next week:

Do not smoke

Do not eat or drink hot food or liquid

Do not suck through a straw

Do not chew on hard food

Do not brush or floss around the surgical site

Do not pull on lips or cheeks; this may disturb the healing of the surgical site

If you receive a surgical stent or immediate denture, please **do not remove** it until the next morning.

Bruising marks may appear on the skin of the face and neck during the first few days after surgery. Occasionally a swelling or bruising may last longer than a week. Usually the worst swelling is on the third day after the surgery and gets better with every consecutive day. **Call us immediately if the numbness continues longer than several hours** after the surgery. A **soft diet** is recommended for the next week. Some examples are: eggs, yogurt, cooked cereal, soft pasta, baked fish, canned fruits and vegetables, mashed potatoes, soups, ice cream or pudding. Ensure or Boost nutritional supplements may also be helpful.

If given a **PerioRx**, you should start rinsing with **PerioRx** today. Fill measuring cup to the fill line (1/2 ounce). Swish in mouth undiluted for 30 seconds and expel remainder. **Do not eat or drink for 30 minutes** following use. Use after breakfast, after lunch and before bedtime. Continue using **PerioRx** for one week only.

Please call us at **(603) 427-0043** if you have any questions or problems.

"I appreciate your trust and hope that your recovery will proceed without any complications. If you have any concerns, please do not hesitate to call immediately. Your concerns will be addressed in a timely manner."

Vitali Bondar, DDS