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Periodontics and Oral Implantology

Diplomate of the American Board of Periodontology

POST-OPERATIVE INSTRUCTIONS

Name: _____ **Date** _____

1. Do not eat or drink anything HOT for the first 24 hours. Room temperature or cold items are fine. A softer diet is recommended.
2. If you are a smoker, DO NOT SMOKE DURING THE FIRST 48 HOURS POST SURGERY, as it may cause bleeding and affect healing.
3. ICE packs are to be used as much as possible the day of the surgery to help reduce swelling. Use the ice 10 minutes on and 10 minutes off until bedtime. Swelling may increase a few days after surgery, this is normal. Peak swelling and discomfort is usually reached 3-5 days after the procedure, this is part of the healing process.
4. DO NOT RINSE TODAY: Rinsing may cause bleeding. You may resume brushing tomorrow, focusing on keeping your teeth as clean as possible. Day after surgery rinse with hydrogen peroxide and mouthwash (1/2 +1/2) as often as you like.
*No spitting! This can cause bleeding.
5. Keep your head elevated with an extra pillow when lying down today. Do not bend, lift heavy objects, or participate in any rigorous activity for the remainder of the day.
6. DO NOT USE A STRAW: Any type of pulling or drawing motion can cause bleeding. Drink directly from the glass or cup.
7. You will notice slight bleeding the day of the surgery, this is normal. Should you notice the bleeding is not beginning to slow down, moisten a tea bag with cold water, and hold it over the area with firm pressure for 20 minutes. If this does not stop the bleeding, please call the office.
8. If you are taking pain medication, be sure to keep food in your system. You may not drive while taking this medication, as your senses may become impaired. If you have been prescribed antibiotics, please follow instructions we provide you pertaining to that medication.
9. If an emergency occurs after office hours, please call the office and follow instructions accordingly, be sure to leave a clear message as to your name and home phone number and someone will call you.
10. If you are sedated, be sure that you are not alone for the first 24 hours because you will be drowsy from the sedation. We do not want you falling and hurting yourself.

OUR OFFICE TELEPHONE NUMBER IS (561) 997-4080