



PEAK PERIODONTICS & IMPLANTS

SUPPORTING THE SMILE THAT SUPPORTS YOU

Nathan Antoine DMD, MS

Post-Operative Instructions for Bone Regeneration

ACTIVITY:

- Rest as much as possible for the next 24 hours. Avoid strenuous activity for the next two weeks.
- Sleep with your head elevated for the next 3 days.
- If you had IV sedation, DO NOT drive, operate heavy equipment, use power tools, or sign legal documents for the next 24 hours.

BLEEDING:

- Some light bleeding or oozing from the surgical site is normal. Blood may mix with your saliva and create the perception that there is more blood than what is actually present
- You will be sent home with sterile gauze. If the site(s) are still bleeding use new gauze. Dampen the gauze with cold water and continue holding light pressure. Be sure to place the gauze over the surgery site(s). Check the bleeding from the site(s) every hour, if you are no longer bleeding you do not have to insert more gauze. Bite LIGHTLY down on the gauze.

STITCHES:

- Stitches may be in place. They will eventually come out on their own within 7 to 14 days.
- If your stitches are purple, they take longer to dissolve. You should have a post op appointment to remove this type of suture(s)
- Do not pick or pull at anything in the mouth, if the stitches are bothering you call the office.

SWELLING:

- You can expect swelling for the next 3 to 4 days. The swelling will be the worst on days 2 and 3 and should start to gradually get better.
- Keep an ice pack on the side of the face for 15-20 minute increments the next 24 hours. Do not ice while sleeping.
- After 48 hours, switch to mild heat.
- If you have dentures or a prosthesis in place, do not remove it as it helps to reduce the swelling

PAIN:

- It is normal for pain to get worse over the next couple of days. Most discomfort is seen on days 2 and 3.
- Begin taking the Ibuprofen or Acetaminophen within 4-6 hours after surgery. Repeat the Ibuprofen or Acetaminophen every 6 hours for the next 3 to 4 days. This will help to decrease pain as well as swelling.
- For more severe pain, add the narcotic pain medicine in between doses of the Ibuprofen or Acetaminophen.
- Do not take the Ibuprofen/Acetaminophen and the narcotic pain medicine at the same time because this will likely make you sick. You should alternate the narcotic and Ibuprofen/Acetaminophen every 3 hours. Always take your medication with food; taking pain medication on an empty stomach can make you sick.
- Do not drive or operate machinery while taking narcotic pain medication.
- It is recommended to stick to the pain medication as prescribed. It is easier to stay ahead of pain than play catch up.

DIET:

- Eat cold & soft foods the day of surgery (pudding, milkshakes, applesauce, yogurt, etc.).
- If you have one side of your mouth that was not operated on, chew on this side as best as you can for **six (6) weeks**.
- Drink as much clear fluids and water as possible but do not use a straw for 14 days
- Maintain a soft diet for the next **six (6) weeks**. Luke warm soup, mashed potatoes, yogurt, pudding, smoothies, etc. keep your calorie intake up to promote healing. Boost, Ensure or Carnation Instant Breakfast are nutritious and will help keep your energy up as well.
- Avoid hot foods or liquids for the first 24 hours. This may aggravate bleeding and can burn you while your mouth is numb.
- Avoid foods like nuts, seeds, popcorn and hard crunchy foods for the next three weeks.
- Do not smoke!
- Do not consume alcoholic beverages for 24 hours following surgery or while taking pain medication.

ORAL HYGIENE:

- Do not to disturb the surgical area today. Do not rinse your mouth or brush your teeth today.
- Starting one day post surgery, gently clean with the provided swabs and the PerioScience antibacterial mouth rinse 3 to 4 times a day for the next week.
- Starting one day post op, gently brush surrounding teeth being careful in the surgical area, unless the doctor has instructed otherwise.
- Do not vigorously rinse, swish, or spit for the next week.

IF AN ANTIBIOTIC MEDICATION WAS PRESCRIBED MAKE SURE TO TAKE IT AS DIRECTED UNTIL COMPLETED

If any concerns after hours, call Dr. Antoine 636-248-0197

During daytime hours, please call the office at 775-447-1191