

CONTEMPORARY PERIODONTICS & DENTAL IMPLANTS

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Post Surgical Instructions and Information

- 1) If medications are prescribed, **take as directed**, especially antibiotics. Baring any allergies to non-steroidal medications or any stomach conditions, 400-600 mg of Ibuprofen (Advil) is recommended every 4-6 hours during the first few days to control swelling and discomfort.
- 2) After surgery make every attempt to rest and limit exercise for 24-48 hours. Increased activity will elevate blood pressure and may lead to increased bleeding.
- 3) Expect some swelling and bleeding from the surgical area and close surrounding regions. Applying ice to your face for 5-10 minute intervals for the first few hours may limit swelling.
- 4) Avoid creating pressure within the mouth. Do not smoke, use a straw or spit. Sneezing and coughing should not be restrained.
- 5) A soft food diet is recommended for the first few days. Avoid eating popcorn, nuts, seeds, chips or other foods that are small and hard. Hot, cold and spicy foods should be avoided. Proper nutrition is needed to encourage healing.
- 6) Teeth will generally be sensitive to extremes in temperature. Cold foods, liquids or even cold air may be uncomfortable during the first few weeks to months. Using regular or sensitive toothpaste will result in a gradual reduction in sensitivity.
- 7) Oral hygiene is extremely important. Make every attempt to remove as much plaque as possible. Although the surgical area will be sore, gentle brushing is needed. Using a salt water rinse (1/2 teaspoon in 8 ounces of warm water) may help and is encouraged. Do not use an electric toothbrush or floss during the first week. As the surgical area heals and begins to feel more comfortable, slowly increase brushing strength and return to flossing and use of other oral hygiene aids (interproximal brush, rubber tip, toothpick, etc.).

**Should you have any questions or concerns,
never hesitate to call 24 hours a day 415-377-3619.**

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