

GARO SIRINIAN, JR, DDS, MS, APC

**Dental Implants ǀ Periodontics**

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**POST-OP INSTRUCTIONS AFTER DENTAL SURGERY**

***Before surgery or extractions*:**

**Do not take any aspirin for ten days before the procedure**. Eat before your appointment, unless directed otherwise. Stock up on soft foods, especially Jell-O, so that you can enjoy them when you return home. You will be required to eat a soft diet for 2 weeks post surgery. The day of surgery go home and rest with the following instructions.

**If you are prescribed Valium, you will need a ride to and from the appointment.**

***After surgery or extractions*:**

**DISCOMFORT**: Discomfort is expected and is usually controlled with pain medication. For daytime, your doctor may recommend 2 extra strength Tylenol three times a day or 600 mg of Motrin three times a day depending on your particular needs. In addition, your doctor may prescribe additional pain medication. If your pain medication is not adequate, please call us.

**SWELLING**: Swelling may occur. This should subside within four days, and be gone within a week. One way to limit swelling is to apply an ice pack to the outside of the face for 10-20 minutes at a time for the first two days. The third and fourth day a warm compress can also help to minimize additional swelling. Your doctor may or may not recommend this if grafts were placed, depending on your individual needs. If Motrin is not contra-indicated, it will assist to reduce swelling. Sleeping with your head elevated will assist to reduce swelling. Finally, after the second day, warm moist heat may reduce swelling.

**ACTIVITY:** Activity should be reduced for the first couple of days after the procedure. Exercise and sun bathing should be avoided for a couple of days. **No smoking, spitting or drinking out of a straw**.

**BLEEDING**: There may be oozing the first day or so after the procedure. If there is considerable bleeding use a wet gauze or wet tea bag directly over the bleeding site, biting gently with slight pressure for twenty minutes. If a **stent** has been provided for you, wearing the stent as much as possible for the first week will protect the wound and prevent excessive bleeding.

**DRESSING**: If a dressing has been applied, it should not be disturbed. If a small piece of dressing comes off there is no cause for alarm, however you should not pull/remove the dressing yourself. If the dressing feels uncomfortable, please give us a call so that we can help you.

**ORAL HYGIENE**: Follow your normal oral hygiene routine in all areas where you have not had surgical treatment. You should avoid any area that has had treatment until advised by us.

**MEDICATION:** If you are taking medication, you should continue to do so, unless otherwise advised by the doctor. If you use hormones for contraception, and have been prescribed an antibiotic, you should use a back-up method for that month. **If prescriptions have been provided for you for this procedure, take as directed.**

**NUTRITION:** It is important to keep up your nutritional and fluid requirements, especially after the procedure. Avoid hot, crusty, acidic, spicy, seedy or sticky foods (including bagels). Recommendations include; Jell-O, ice cream, yogurt, cottage cheese and apple sauce. Later, soft foods that you may find comfortable eating might include; eggs, pasta, potatoes, soups, cooked vegetables and casseroles.

***NOTE:*** Ask your doctor about the possible side effects of recession, cold sensitivity, root decay, and increased space between teeth.

**As always, feel free to call Dr. Sirinian if you have any need that we can help you with.**

**TELEPHONE NUMBERS**

Office/ After Hours answering Service: **(858) 755-5168**