

Read and follow instructions carefully. If you have questions, don't hesitate to call our office.

- If you have bleeding, a gauze pad should be placed directly over the surgical site and should be kept in place for 20 minutes at a time by biting firmly on the gauze. The less you disturb the area the better. Discontinue using the gauze when it comes out light pink or clean. Remove the gauze when you eat and drink. Re-apply when finished, only if needed.
- Swelling is normal. To minimize swelling, apply an ice pack to the outside of the cheek in the area of surgery for a half hour/hour at a time for the first two days (48 hours). From day three, use warm compresses or a heating pad.
- If you were given any prescriptions, **please take all prescriptions as directed.** Ibuprofen or over-the-counter pain medication should be started as soon as you get home and have something to eat. Ideally, pain medication should be started before the numbness has worn off to decrease the chances of unwanted discomfort.
- **Women please note:** Some antibiotics may interfere with the effectiveness of your birth control. Check with your pharmacist or Primary Care Physician if you have questions or concerns.
- Cool, soft foods are recommended. No hot foods or liquids until the numbness is gone. Chew on the opposite side of your mouth, away from the surgical site. Avoid hard, crunchy, or chewy foods.
- No drinking through a straw, smoking, or spitting.
- If you have sutures, they will dissolve and fall out on their own (unless otherwise directed by the doctor). They may last anywhere from two days to one week.
- Good oral hygiene is essential to good healing. Brush your teeth, being very gentle around the surgical site.
- If you were given a prescription for Peridex, start rinsing the day after surgery, twice a day for five days and then stop (unless otherwise directed by the doctor).
- The doctor will want to see you in 8 to 10 weeks for a follow-up appointment, unless otherwise noted.
- If you had bone grafting, the grafting material has a sea salt consistency. You may feel some in your mouth over the next week. Loss of a small amount is normal.
- The doctor may have placed a collagen bandage over the graft site during your surgery. The collagen material will dissolve on its own.

For Dental Implant Patients:

- There may be a metal healing abutment protruding through the gum tissue.
- If you were given a prescription for Peridex, start rinsing the day after surgery, twice a day for five days and then stop (unless otherwise directed by the doctor). Using the Peridex on a cotton swab, gently clean the healing abutment. Eventually, you will be able to use your toothbrush to clean the healing abutment.