



**LAKEVIEW**  
— DENTAL —

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## PERIODONTAL & IMPLANT SURGERY

### POST OPERATIVE INSTRUCTIONS

1. Apply ice packs at 15 minute intervals to reduce the swelling. Swelling is a part of the healing process and can be expected for 3 days to several weeks depending on the nature and extent of the surgery. Applying ice to the area prevents the swelling.
2. Blood-tinged saliva is not unusual on the day of surgery. If frank bleeding occurs, bite on the gauze pack with light pressure. If the bleeding persists without slowing for several hours, apply a moist tea bag wrapped in gauze. If profuse bleeding is still occurring, please call the doctor.
3. Depending on the extent of the procedure, discoloration/bruising of the lip and/or cheek and neck area may occur and last for a few days. This will subside as the healing progresses.
4. Pain and discomfort may be noticed as the anesthetic starts wearing off and may continue for several days. This may be kept under control by following the prescribed pain medication. If the pain medication is inadequate, please call the doctor.
5. Do not apply pressure with your tongue or fingers on the operated site if bone grafting is done. Applying pressure may destabilize the bone graft and interfere with the normal healing process.
6. Avoid hot and spicy foods. Take cool liquids on the day of the surgery. Avoid orange and citrus juices as they may cause discomfort. Maintain high protein and high fluid diet. Avoid foods that are hard and crunchy. Soft or semi-solid foods are recommended.
7. Avoid using straw when taking liquids. The sucking action will cause a vacuum in the mouth and may dislodge the body's natural clotting process.
8. Do not smoke, use tobacco or consume alcoholic beverages.
9. Avoid brushing or chewing directly on the operated area. Use the antibacterial mouth rinse as prescribed. Hold the mouth rinse for 30 seconds in the operated site and spit gently. Do not rinse aggressively or spit vigorously.
10. If bone grafting is done, it is not unusual to experience some bone graft particles in your mouth for the first several days.

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11. If sinus lift procedure is done, avoid blowing your nose, sniffing, or playing wind musical instruments at least for 2 weeks after the procedure. In rare instances, some bone graft particles may be discharged from the nose. Please let the doctor know if this happens.
12. Do not lift or pull on the lip to look at the sutures (stitches). This may cause the stitches to open up or tear the tissues.
13. Take the medications as prescribed. Do not exceed the recommended dosage. Take only as prescribed. Women: Some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.
14. Avoid strenuous activity for the first 72 hours. Do not operate heavy or hazardous equipment for the first 24 hours.
15. Take a lot of rest and relax. Practice the oral hygiene as prescribed and the healing should progress well.

**It is our sincere desire that you are as comfortable as possible following surgery. If you have any questions or concerns, please call the doctor.**