



POST SURGICAL INSTRUCTIONS

These instructions are designed to advise you of procedures that will aid in promoting comfortable healing and inform you of situations that may possibly require special attention.

DISCOMFORT

It is not unusual to have a certain amount of discomfort for a few days following your surgery. In many instances two Tylenol or Advil tablets taken every three hours will be sufficient to relieve discomfort. Do not take aspirin as it prolongs bleeding. You will be given a prescription for a more potent medication to enhance a mild post-surgical recovery period. The first dose should be taken as soon as possible after the surgery, then using this medication every 6 hours as needed to control discomfort. The medication may be taken with food to prevent nausea.

SWELLING

Minor swelling may follow your surgical procedure. To minimize swelling it is advisable to place an ice pack over the area, 20 minutes on and 20 minutes off for the first 24 hours. Start the ice pack application as soon as possible following surgery. Also hold cold water with ice chips in your mouth when the ice pack is not in place for the remainder of the day. Try not to rinse on the day of surgery because this may disturb the blood clot. The swelling or discoloration may continue for 2 or 3 days after surgery and then subside. If after the second day swelling continues, heat may be applied to the involved area in the form of wet or dry compresses as often as is convenient.

BLEEDING

You can anticipate some seepage or slight bleeding for the first day. A small amount of bleeding is all that is necessary to discolor your saliva. This seepage is normal. If continuous bleeding occurs, it may be controlled by placing a moist fresh tea bag over the area with constant pressure for 20 minutes (repeat if necessary).

POSTURE

Keep your head in an elevated position for the first 2 days following surgery. Sleep with a few pillows behind you. Maintaining an up-right position will help reduce swelling.

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DIET

Try to eat on the side of the mouth where surgery was not performed. Stay on a cold liquid diet the day of surgery (milk shakes, instant breakfast, etc.). The day following surgery begin eating soft foods until gradually returning to your normal diet. Adequate nutrition is essential for healing. Avoid irritating foods that are spicy or acidic and carbonated beverages for at least 3 days. Foods such as popcorn, nuts, granola and small seeds should be avoided for the first month.

ORAL HYGIENE AND RINSING

The day following your surgery carefully brush and floss your teeth in the areas where surgery has not been performed. Where you have stitches be sure **not** to brush your teeth but rinse your mouth with the prescription rinse that you may be given. This will keep the surgical site clean, odor-free, and reduce discomfort. We will inform you at your suture removal appointment when and how to resume brushing.

ALCOHOL AND SMOKING

Avoid alcohol for the first week following surgery. Do not drink alcohol if you are taking discomfort medication. Do not smoke for at least 4 hours following surgery. Smoking causes healing to progress more slowly.

Minimize smoking and alcoholic beverages for the entire healing time for optimal healing.

ACTIVITY

Do not engage in strenuous activity during the coming week. The use of discomfort medication will reduce your precision in judgement.

If any questions or concerns occur, please do not hesitate to contact the office at 695-0990. There is a 24-hour personal answering service through which we can always be reached.

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