EAST BAY
PERIODONTICS & IMPLANT DENTISTRY

Surgery Post Op Instructions

PAIN OR DISCOMFORT
Use prescribed medication as needed but only as directed. If you have a problem with the medication (nausea, vomiting, lack of pain control, itching, difficulty breathing), STOP TAKING IT IMMEDIATELY and call us. If it is an emergency and you feel you're having a severe allergic reaction call 911.

BLEEDING
Some bleeding is normal during the first 24-48 hours. If bleeding cannot be controlled by resting with head elevated, try direct gentle pressure with a moist gauze or a moist tea bag for 5-10 minutes, up to 20 minutes. If bleeding persists, PLEASE CALL US.

SWELLING
To PREVENT swelling, you can use an ice pack, externally placed 10 min on & off, for the first 24 hours, as tolerated. After 24 hours, swelling can be reduced with warm moist heat, externally placed 10 min on & off (run a washcloth under warm water, ring out and hold on cheek next to swelling).

EATING
IF YOUR SURGERY INVOLVES BOTH SIDES OF THE MOUTH –
We recommend a SOFT DIET for at least 7-10 days and LOTS OF FLUIDS!
Examples: blended foods, shakes, juices, milk, instant breakfast, pudding, soups, scrambled eggs, yogurt, ice cream, commercial dietary supplements, and poached fish. RULE OF THUMB FOR SOFT DIETS: If you can't chew it with your tongue, it's probably too hard or too chewy.

IF YOUR SURGERY IS ON ONE SIDE OF THE MOUTH –
Please CHEW on the OTHER SIDE and stay to SOFTER REGULAR FOODS.
In general, drink lots of WATER, WATER, WATER…. that's lots of fluids!
After surgery is NOT a good time to lose weight! Make sure you get enough CALORIES! Fluids, calories, ample nutrients = better healing.

ORAL HYGIENE
Please do not brush or WaterPik the surgical site(s) until directed by us. Do not rub or poke the area of bone grafting after an extraction. Brush and floss non-surgical areas and brush your tongue. GENTLE RINSING can be done after surgery with diluted mouthwash, warm water or warm salt water, but PLEASE RINSE GENTLY! **If you are not sure what you can or cannot do, please call us.**

After an extraction (without bone grafting), a dull ache that is not controlled with any pain medication, is probably a DRY SOCKET. This happens when the clot comes out of the extraction site. Treatment is effective by placing a medicated dressing in the socket. Please call us if you think you may have a dry socket.

LOSS OF BONE GRAFT/DRY SOCKET PREVENTION: avoid *vigorous* rinsing, suction through a straw, smoking and spitting, as all these actions can cause the graft/clot to come out.

TAKE IT EASY, GET PLENTY OF REST AND FLUIDS
You can expect some discomfort, some swelling and maybe some bruising. Follow-up appointments will be made as needed (removal of stitches, changing or removal of dressings, oral hygiene instructions).

A significant increase in temperature may indicate:
1) LACK OF FLUIDS (within the first 24 hours)
2) INFECTION (after 24-48 hours)
Uncontrollable pain or bleeding, inordinate swelling or fever constitutes an EMERGENCY…. PLEASE CALL US.

PAIN MEDICATION:

- ❑ **Naproxen Sodium (Aleve) 220mg:** Take **1-2** tablets every **6-8** hours for the first **5 days**, then as needed. **Do not exceed 1,250mg/day.**
- ❑ **Ibuprofen 600mg:** Take **1** tablet every **6-8** hours for the first **5 days**, then as needed. **Do not exceed 3,200mg/day.**
- ❑ **Acetaminophen:** 325mg (Regular) **OR** 500mg (Extra Strength) Take **2** every **4-6** hours for the first **24** hours, then as needed. Do not exceed 8 tablets in a 24-hour period. **Do not exceed 3,000mg/day.**
- ❑ **Narcotic:** take as directed on the bottle

ANTIBIOTICS (take as directed on prescription bottle):

- ❑ Amoxicillin 500mg
- ❑ Augmentin 875mg/125mg
- ❑ Azithromycin 250mg
- ❑ Other: _____

STERIOD:

- ❑ Medrol DosePak

Office Phone: (510) 547-1300
Dr. Amanda Boisen's Cell: (650) 464-5405
Dr. Evan Santiago's Cell: (408) 309-3773

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