



Post Operative Instructions

Please take the time to read these instructions following your treatment today as it will help you understand what to expect following your procedure. These instructions are to serve as a general guideline for your use following surgery; however, if you have questions, please feel free to email Dr. Hsu at drhsu@kirklandperio.com. If you feel as though you are having an emergency, please contact Dr. Hsu at (281) 731-3733.

Today the following procedure(s) was completed for you:

Tooth Removal	Second Stage (Implant Uncovery)	Crown Lengthening/Osseous Surgery
Sinus Elevation	Biopsy	Dental Implant Placement
Frenectomy	Membrane Placement	Gingivectomy
Bone Graft Placement	Gingival Grafting	

Immediately following your treatment, you will remain numb or partially numb for up to four (4) hours. This will depend on the amount of anesthesia given as well as your individual body metabolism. During this time please avoid chewing as you may inflict harm on the surgical site or to other oral structures, such as your lips or tongue. It is very important to avoid "playing" with sutures or the surgical area with your fingers or tongue; this can cause premature loosening of sutures and exfoliation of surgical dressings.

Following any surgical procedure, the following is considered normal: moderate (sometimes severe) discomfort for up to 72 hours following treatment and bleeding that may continue for several hours following treatment. If you take medications which thin the blood such as Coumadin, Warfarin, Aspirin, Ibuprofen, or certain supplements like those high in Omega-3, you are more likely to have slightly more swelling, bleeding, bruising and discomfort. It is important to note that a small amount of blood mixed with saliva will often look like a large volume of fluid; gentle pressure with gauze applied in 20-30 minute durations will usually help stop this bleeding. If you run out of gauze, a moist tea bag can also be used as an aid because caffeine can help slow bleeding.

Sensitivity of teeth and other oral structures is also not uncommon following treatment. You may have jaw soreness as a result of keeping your mouth open for an extended period of time as well. Sensitivity can be a result of biting pressure, temperature (hot/cold) or oral appliances that have been fabricated for you. Most of the time, pain or sensitivity following treatment is associated with plaque accumulation so if you have been instructed to do so, maintain gentle plaque control measures in the area where treatment was completed.

For certain types of procedures, the development of facial swelling following surgery is unavoidable. Those procedures lasting less than 15 minutes are not usually associated with swelling. Those lasting 15-45 minutes may be accompanied by mild-moderate swelling. Those lasting 45-90 minutes may be accompanied by moderate swelling, and those lasting longer than 90 minutes may have significant swelling that persists for 3 days or more. As long as you are not feverish (above 102 degrees for 24 hours) there is generally no need for concern. Take your medications as they have been prescribed to you. Swelling can be minimized by intermittent application of cold packs to the outside of the face where surgery was completed.

Smoking It is extremely important that you avoid cigarette smoking following treatment. Cigarette smoke inhibits normal healing and can result in the failure of treatment. Following the manipulation of gum tissue, jawbone and teeth, smoking will constrict the capillaries that are necessary of the delivery of vital nourishment to the area following surgery. The most critical period of time is the first three (3) days following treatment and one (1) week if bone grafting, dental implant placement, or sinus elevation was completed.

Sinus Lift/Elevation If you have had a sinus lift completed, it is recommended to use an antihistamine for a period of two weeks in addition to your other medications following the procedure. Avoid sneezing or nose blowing during this time. You may experience slight nose bleeds during the first two days, and this is considered normal.



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Gentle rinsing with cold salt water for the first day following treatment and warm salt water thereafter can be completed up to five (5) times a day. This does not mean rinsing vigorously, but rather a gentle side-to-side head movement.

If sutures or a dressing has been placed, they will start to exfoliate after five (5) days and any remaining sutures will be removed at your post-operative checkups. If this visit was not made for you prior to leaving our clinic, please email Morgan at info@kirklandperio.com or call (425) 658-0850.

The following classes of medications have been prescribed for you.

Rinses:

Peridex (Chlorohexidine)	Sterile Saline	At home saltwater rinses
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If Peridex has been prescribed, please use it twice daily. Light brushing after use of Peridex will help prevent short term staining of the teeth. If you are wearing a denture, please remove the denture when using Peridex.

Antibiotics:

Amoxicillin	Clindamycin	No AB Necessary
Metronidazole	Azithromycin 250mg (Z-Pak)	
Cephalexin	Doxycycline	

Your antibiotic has been prescribed because the mouth is a dirty place! Use your antibiotic as directed on the bottle. If you develop itchy/scratchy skin or have trouble breathing, please discontinue the use of the antibiotic and contact your dental surgeon by emailing drhsu@kirklandperio.com or calling the office at (425) 658-0850. If this itching persists, please start taking oral Benadryl and contact your physician. Some gastric upset is common with the use of antibiotics; however, if you feel severe stomach upset, with frequent (5+ time daily) diarrhea, please contact your surgeon as a change may be required.

Anti-inflammatory:

Ibuprofen 600mg	Tylenol	Celebrex
Ibuprofen OTC	Medrol Dose Pak	

Anti-inflammatory medications like ibuprofen are excellent in maintaining a low level of inflammation following treatment, reducing soreness in jaw muscles, and providing control over discomfort following treatment. The doctors recommend the use of Ibuprofen either prescription (if prescribed) or over the counter ("OTC"; Tylenol can be used interchangeably as well) for at least three (3) days following treatment and longer if discomfort or swelling persists.

In summary, use your best judgement following your treatment. It is not advisable to exercise vigorously or plan a long meeting for the few days after treatment. Although most patients experience minimal discomfort following treatment, these guidelines should help to instruct you on what to expect following treatment. As always, please feel free to contact the office with any additional questions.

We consider it a privilege to take part in your oral care.