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POST-OPERATIVE INSTRUCTIONS

The post-operative reaction varies between patients following periodontal surgery and implant surgery. However, it is normal to experience a degree of post-operative pain and swelling for 2 to 3 days. A cold compress applied to the face at the surgical area may be used to help reduce swelling.

General instructions

Do NOT suck or play with the wound.

DO NOT eat on the implant side for at least 2 weeks

Do NOT eat hard foods or those containing nuts or seeds for the first week. Avoid the following for 48 hours after surgery (as this may stimulate bleeding). Hot food and drinks, alcohol

Do NOT do any vigorous activity for the rest of the day.

Do NOT smoke following surgery; smoking interferes with healing. Abstain for as long as possible.

Do NOT clean your teeth on the affected side, use the prescribed mouth rinse or gel 2-3x day. Clean the unaffected sides as normal.

Do NOT Blow your nose if you have an implant on the top jaw. Sneeze with your mouth open.

Pain Control

Take NUROFEN or PANADEINE for the next 24 hours or longer if necessary. Take two tablets of either every 6 hours. Nurofen must always be taken with food, and should not be used if you have a history of asthma, or a stomach/duodenal ulcer.

Your first dose of analgesics was taken at: _____

Continue and finish any prescribed course of antibiotics

For comfort, warm salty mouth rinses may be started on the day *after* surgery

Streaks of blood in the saliva are normal following a surgical procedure. Take clean gauze (not tissues) and fold and place over the affected site. Bite on the gauze to apply pressure. This may need to be repeated.

Some swelling and discomfort is also normal in the days following surgery. Keep up with prescribed painkillers.

Stitches

The stitches will dissolve and gradually fall away over the next one to two weeks. Any residual stitches will be removed at your post-operative appointment.

If you have any concerns, please contact _____ at work, or after hours on

Mobile number _____

Your next appointment for a post-operative review is on _____