

# Post-Operative Care

**BLEEDING:** Slight oozing for the first few hours after surgery is normal. Cold water held in the mouth will help slow bleeding, or you may put gentle pressure directly on top of the bleeding site with a piece of gauze (a moist tea bag works well also). A little bit of blood in saliva can appear to be more than it actually is. If bleeding becomes excessive and does not lessen, please call Dr Hsu.

**SUTURES:** The surgical area may have a few sutures that may come out on their own in the next few days. Other sutures remaining will be removed by Dr. Hsu at the post operative exam.

**SWELLING:** Some swelling is normal. An ice pack held on the cheek or lip area over the surgical site for intermittent periods (10-20 minutes on and then 10-20 minutes off) during the first 2-3 hours may help to reduce swelling and relieve some discomfort. For any swelling in the area of surgery after the first 24 hours, moist heat is encouraged to increase circulation and promote healing. If you notice that the swelling gets progressively more severe 4 days after surgery, please contact our office.

**DIET:** Maintaining adequate fluid intake is essential; to avoid dehydration. In addition, an adequate diet is essential for proper healing. In general, you should avoid extremely hot or cold foods for the

first 24 hours following surgery. Hard foods, like chips as well as spicy and acidic foods should be avoided for the first week. Please try to chew on the side that is most comfortable and eat foods that are comfortable to you as well. We have enclosed a list of soft food ideas for your convenience.

**RINSING:** Avoid vigorous rinsing for the first 24 hours following surgery. Please rinse with the prescribed Peridex or Chlorhexidine rinse 2-3 times a day for the first 1-2 weeks.

## **BRUSHING/FLOSSING:**

Brush and floss uninvolved teeth regularly, starting on the second day after surgery. After a week, gently brush the surgical site to keep the area free of debris.

**MEDICATIONS:** Take all medications as instructed. Take an anti-inflammatory medication such as Advil, Ibuprofen or Motrin for the next 3-4 days after surgery, whether you have pain or not. I recommend taking 600 mg every 6 hours. If you need to take the prescription pain medication, still maintain the Advil, Ibuprofen, or Motrin on top of taking the stronger medication. Do not drive or operate heavy machinery when taking narcotics. You should also avoid consumption of alcoholic beverages while taking prescription pain medication.

**SMOKING:** At minimal, refrain from smoking the first 3-4 days. Ideally, it is encouraged to discontinue smoking the first 2 weeks after surgery. Smoking increases the heat in the surgical site and significantly lowers the body's ability to heal. All healing and best outcomes from surgery are dependent on this – so use your best judgment.

**EXERCISE:** We ask that you refrain from any physical activity the day of the surgery, and preferably to have a light day the first day after surgery. Basically just take it easy.

**WOMEN:** If you are currently taking birth control pills, please be aware that taking any antibiotics at the same time could decrease the effectiveness of the birth control pills.

**EMERGENCY:** Please contact our office for any emergency type complications you may experience at 972.255.3382. If after hours, Dr. Hsu can be reached on her cell phone at 214.564.9131.

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