

Kopman Periodontics & Implant Dentistry

POSTOPERATIVE INSTRUCTIONS

- 1) Do not eat anything or drink hot fluids until the numbness has worn off to avoid injury from accidental biting or burning.
- 2) No vigorous rinsing, drinking through a straw, or spitting for 3 days so the blood clot will not be disturbed.
- 3) Today, rest as much as possible with your head elevated. No vigorous exercising for 3 days.
- 4) Slight bleeding is normal for several hours following surgery. If persistent bleeding occurs place a wet teabag on the involved area and apply direct pressure for 15-20 continuous minutes. Repeat as necessary.
- 5) Do not pull back the lips or cheeks to look at the area as this can disturb the surgical site and increase complications.
- 6) Do not eat by the surgical area for 1 week. Soft nutritious foods will be necessary for the first few days. Avoid acidic and crunchy foods and avoid seeds (sesamee, poppy, berries). Drink plenty of fluids.
- 7) Do not use tobacco or drink alcohol as these will delay healing.
- 8) Swelling can be lessened by placing a cold compress on the face alternating on and off for 20 minutes during the first 36 hours.
- 9) Take all medications the doctor has prescribed for you according to directions. If you are given antibiotics and take birth control pills, you should be aware that the birth control may become ineffective therefore take appropriate precautions.
- 10) Starting 24 hours after surgery, gently apply chlorhexidine rinse with cotton swab 3x daily. After one week, carefully brush the teeth while avoiding the gums in the area of surgery. Gentle flossing can be resumed in 2-3 weeks. Resume regular brushing after 3 weeks.
- 11) After periodontal surgery, sensitivity of the teeth may occur. This is remedied by maintaining proper oral hygiene and by the use of specially formulated sensitive toothpaste, such as, Sensodyne.
- 12) Return for your postoperative appointment to have any sutures removed. If the sutures loosen or come out within 3 days, please inform the office.
- 13) Take any regularly scheduled medication (for diabetes, high blood pressure etc.) on your regular schedule unless advised to do otherwise.

If you have any questions or concerns, please call the office at 631-351-3444!

If we are not at the office, I can be reached on my cellphone at 516-982-6649.