

POST-OPERATIVE INSTRUCTIONS

1. Do not smoke or drink alcoholic beverages for the remainder of the day.
Smoking may cause delayed healing and more postoperative discomfort.
For best results do not smoke for the entire post-operative period.
2. You may be given several prescriptions:
 - a. Take the *pain medication* as prescribed before the anesthetic wears off. These medications make you drowsy so do not operate vehicles or mix with alcohol when taking the medicine. If you experience some nausea or dizziness, eat a small amount of starchy food or cut the medication dose in half.
 - b. If you were given an *antibiotic*, take as prescribed until all the pills are gone.
 - c. Use the *toothpaste and mouth rinse* supplied to you to cleanse the surgical site, as other homecare products may be too harsh or irritating.
3. Slight swelling, discoloration, and discomfort are normal. To minimize swelling and pain, immediately after surgery, ice should be applied on your face in the region of the surgery. The ice should be used for 20 minutes then removed for 10 minutes and repeated over the next 4-5 hours. If you are swollen 24 hours after surgery, you may apply warm moist wash cloths to the affected area every 2-3 hours. Starting the day after surgery, use warm salt-water rinses 4-5 times daily for the first week.
4. It is very important to continue with your home care during this time. Floss and brush with *toothpaste* supplied. This may be difficult in the surgery site, let comfort be your guide, and remember to use the Oxyfresh gel. You may use warm salt-water rinses 3-4 times a day.
5. Eat a diet as normal as possible but avoid chewing on the surgical site. Avoid hard foods that require heavy biting pressure. Foods such as soups, cottage cheese, yogurt, eggs, instant breakfast, milk shakes, mashed potatoes, etc., are recommended. It is best to take your medications on a full stomach rather than an empty one to avoid nausea.
6. You might expect some slight bleeding over the first days but nothing of significance. If for some reason the surgical site begins to bleed heavily, apply direct firm pressure with wet gauze for 30 minutes. If bleeding persists please contact the office.
7. A periodontal dressing resembling "silly putty" may have been used to cover the surgical site. If the dressing or pieces flake off it is of minor consequence as long as there is no pain associated with its loss. If you are concerned or if there is an increase in pain please contact the office.

*It is our sincere desire to have you as comfortable as possible during the healing period.
Please call our office at any time regarding your surgery. (281) 392-6000*

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Periodontics & Implants

POST-OPERATIVE HOMECARE

1. BRUSH YOUR ENTIRE MOUTH WITH A SMALL DOT OF TOOTHPASTE THIS SIZE >O< FOR AT LEAST TWO MINUTES.
2. DIP A Q-TIP IN THE MOUTH RINSE AND CLEAN DIRECTLY ONTO THE SURGICAL AREA AFTER EVERY MEAL.
3. APPLY OXYFRESH GEL SEVERAL TIMES DAILY WITH A Q-TIP DIRECTLY ONTO THE SURGICAL AREA. YOU MAY ALSO APPLY THE GEL ON THE INSIDE OF ANY PARTIAL DENTURE THAT COVERS THE SURGICAL SITE. LEAVE THE GEL ON THE AREA AND DO NOT RINSE. THIS WILL SOOTHE YOUR GUMS.
4. FOR BEST RESULTS, DO NOT EAT OR DRINK FOR THIRTY MINUTES AFTER BRUSHING OR APPLYING THE GEL.