

Post Surgical Care Instructions
(Gum Surgery, Dental Implants or Extractions)

1. If you have been sedated, DO NOT operate a motor vehicle the day of surgery.
2. Avoid disturbing the surgical area, especially during the first 2-3 days.
3. A soft diet is recommended for the first several days following the surgery as the most common source of trauma is pulling or hitting the area, especially when eating.
4. Use of ice packs wrapped with a soft cloth 15-20 minutes every hour will reduce swelling and postoperative pain.
5. Medication(s) may be prescribed for postoperative pain or discomfort. An anti-inflammatory medication such as Ibuprofen may be prescribed for moderate pain. The most beneficial aspect of the anti-inflammatory medication is prevention of swelling and, as a result, prevention of postoperative pain.
6. As postoperative infection following periodontal surgery is rare, antibiotics are not routinely prescribed.
7. Avoid biting into hard foods and brushing the surgical area for the first 7-10 days.
8. Stitches will dissolve and can begin falling out as soon as 3-4 days after surgery.
9. Some minor oozing of blood from the surgical area can be expected during the first few days.
10. If you experience active bleeding, try to identify the source and apply gentle, steady pressure.
11. Avoid the use of a straw, vigorous rinsing, and spitting.
12. While resting keep head elevated, use extra pillows when sleeping, (2 or more).
13. If you have any questions or concerns, or experience any unexpected difficulties, please call our office at 790-2151. If the office is closed, you may reach Dr. Brown on his cell phone at 591-5724 or home at 299-2448.

Sincerely,
Graig D. Brown, DDS, MS.