

Surgical Care

Dr. Kinaia Cell: (248) 953-7676
Dr. Hasso Cell: (248) 506-5497

CARE OF THE MOUTH

Brushing and Flossing: AVOID THE SURGICAL AREAS until given specific brushing instruction at your postoperative visit. You may notice a white film over the surgical sites. This is completely normal. The second day after surgery, you can start brushing and flossing other areas away from surgical areas.

Mouthwash: Do NOT use the mouthwash for 2 weeks following surgery. If mouthwash is prescribed, start 2 weeks after the surgery and swish very gently and allow it to drool out of mouth slowly (do not spit). AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, AND DRINKING THROUGH A STRAW.

Electric Toothbrushes: Do NOT use an electric toothbrush such as Sonicare or Oral-B Braun for 4 weeks following surgery.

Water Pik: Do NOT use a Water Pik for at least 4 weeks following surgery.

EATING

Adequate nutrition is essential for normal healing. Following surgery, your diet is mainly COLD LIQUIDS on the day of the surgery (Dietary supplements such as Instant Breakfast or Ensure are good choices). Gradually progress to soft foods such as cooked vegetables, baked fish, tuna, pasta and meatloaf, which are easily chewed and swallowed. DO NOT SKIP MEALS. If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster. Avoid nuts, chips or popcorn for initial two weeks.

BLEEDING

Slight bleeding or oozing is normal during the first 1-2 days following surgery. AVOID spitting and can place wet teabag on the area for 3-5 minutes. If excessive bleeding occurs, please call our office immediately.

SWELLING

Ice Packs: Some swelling occurs after periodontal or implant surgery. To minimize this, you will be advised to use ice packs. Place the ice pack on the outside of your face, over the treated area, for 5 minutes, and then take it off for 5 minutes. Continue to apply ice packs for the first 8-10 hours after the surgery.

ACTIVITIES

Rest: Plan to rest at home the remainder of the day of surgery and the following day. You may read, watch TV or work at your desk at home. When sleeping, elevate your head to decrease swelling. Place a towel to cover your headrest.

After 24 Hours: You may return to your regular schedule, but avoid strenuous activities such as heavy lifting, jogging, exercise programs, etc. for one week following surgery.

MEDICATIONS

Pain Medications: Take pain medication within one hour after treatment with milk, fruit juice or a full glass of water. Never take pain medication on an empty stomach. This medication may be repeated every six to eight hours as needed for discomfort (follow prescription directions).

Antibiotics: Take prescribed antibiotics as directed until all have been finished. You may begin this medication the day prior to surgery.

Steroid Dose-Pak: If prescribed, take as directed. You may begin this medication the day prior to surgery.

SMOKING/ALCOHOL

DO NOT SMOKE or USE ALCOHOL for 4 weeks after surgery: Smoking and alcohol are detrimental to healing tissues and will adversely affect the results of surgery.

SUTURES

Dissolvable: The dissolvable/resorbable sutures used, will start resorbing by the time you return for your post-operative visit and will become loose day by day after surgery.

Non- Dissolvable: If non- dissolvable/non-resorbable sutures were placed, they will be removed at your post-operative visit.