



GENERAL POST-OPERATIVE INSTRUCTIONS

If you experience any extreme pain or redness please call Portland Perio Implant Center. If you believe you may have a medical emergency seek emergency care, or call 911 immediately.

IMMEDIATE POST-OP PERIOD (24 hours after surgery)

- Your lip, tongue, and cheek may be numb for up to twenty-four (24) hours. Maintain pressure on the gauze, but be careful not to bite the numb areas.
- While you are still numb, avoid hot food and drink.
- It is common to have a nose-bleed during this period.
- You may also have oozing or intermittent bleeding from the surgery site.
- If you received IV sedation or are taking prescription pain medication, for the next 24 hours: do not stay alone, drive, operate machinery, make critical decisions, or care for children.
- The medication given to you in the IV and the prescribed pain medication can make you feel dizzy and impair your judgment.
- It is advisable to have someone help you while walking, climbing stairs or using the restroom during this time.
- It is advisable to have someone at home with you to assist you for the first 24 hours.
- Apply ice to the treatment area, alternating 30 minutes on, and ten minutes off. Do this for the first 8 to 10 hours after surgery.

INITIAL HEALING PHASE (3-5 days after surgery)

- It is common to have swelling, bruising and tenderness around the face.
- It is common to have a sore throat, cracking or soreness at the corners of your mouth.
- It is common to have bruising under your chin, down your neck and bruising under your eyes. Use a warm compress to help the bruising go away.
- Your level of pain and discomfort should decrease daily.
- It is common to have a nose bleed.
- Expect blood-tinged saliva (spit).

SWELLING: Some swelling is normal, and an ice pack held on the cheek or lip over the surgical site for intermittent periods (10-20 minutes on and 10-20 minutes off) during the first 24-48 hours may help reduce swelling and will relieve some discomfort. For any residual swelling after the first 48 hours, heat is encouraged (hot water bottle, heating pad, etc.) to increase circulation and promote healing. If the swelling becomes progressively more severe after 72 hrs, please let us know.

SINUS PRECAUTIONS

In some patients, implants are placed or teeth were extracted in or around the maxillary sinuses, which are near your upper jaw. Any increase in oral, nasal or sinus pressure may create an opening from your mouth into your sinuses or prevent an already existing opening into your sinus from being able to properly heal or close. To aid healing of your sinuses and implants, you must adhere to the following instructions for two (2) weeks after surgery:

- No nose blowing
- No closed- mouth sneezing

If you had surgery in your upper jaw, we recommend that you use an over-the-counter decongestant to help your sinuses remain open and clear during the healing process. Ask your Doctor if you had surgery near your sinuses and if you need the decongestant.

MEDICATIONS (as directed)

Within 24 hours, please resume your regularly prescribed medications. If you have been prescribed medication from Portland Perio Implant Center, please take as directed.

NOTE: If you develop a RASH, HIVES, ITCHING, or DIARRHEA when taking antibiotics or pain medication, STOP taking them right away and call the office immediately. If you have DIFFICULTY BREATHING stop taking the medication and seek emergency care immediately by going to the hospital emergency room or dialing 911.

NAUSEA

Nausea is not uncommon after having IV sedation or when taking prescription pain medications. Nausea may be reduced by eating a small amount of food prior to taking your pain medication. If you were prescribed anti-nausea medication, you may take it as directed.

MOUTH RINSES (Usually needed up to 10 days after surgery)

Proper mouth rinsing can speed healing and keep your mouth feeling fresh and clean. Perform both of the following mouth rinses:

- Prescription Mouth Rinse (Peridex or chlorhexidine gluconate 0.12%) - Gently rinse with the Peridex mouth rinse as directed on the prescription.
- Warm Salt Water Rinse - Starting the 2nd day after surgery, use warm salt water rinses after each meal. Dissolve 1 teaspoon of salt into 6-8 ounces (or 3/4 to 1 cup) of warm water. Gently Swish/Bathe and spit out, continuing until you have finished the entire glass. Use the warm salt water rinse after meals for 10 days after surgery, or as directed.

BRUSHING

If you have a temporary implant crown or bridge: Do not brush your NEW teeth for 48 hours. After that time, you can gently brush your new teeth with a soft bristle toothbrush provided, BUT staying away from your gum tissues. Continue with the mouth rinse as above. Avoid electric toothbrushes.

If you have undergone soft tissue grafting/periodontal surgery: Avoid brushing entirely for 24 hours. On the second day after surgery you can resume brushing your teeth EXCEPT the teeth in the area/side/quadrant of mouth that had the procedure.

DRESSING: The surgical area may have been covered by a putty-like dressing that will protect the area in the first days of healing. If it comes off before the first post-surgical visit and you are comfortable, do not be concerned. Just be sure to keep the areas as clean as possible until your next visit. Otherwise, the dressing and any remaining sutures will be removed per your next scheduled appointment.

SMOKING AND ALCOHOL

Avoid smoking and drinking alcoholic beverages for at least 7 days after surgery.

ACTIVITY

For your safety, we recommend that you have a responsible adult stay with you for at least 24 hours after surgery. Limit your physical activities to a minimum for the first week after surgery. Exercise increases your blood pressure and may cause bleeding.

DIET

Initially after surgery, be sure to drink plenty of fluids and eat soft, nourishing foods. Protein shakes are encouraged. Avoid hot foods or hot drinks for the first day after surgery. Additionally, avoid foods that are spicy, acidic or have sharp edges. It is important not to skip meals. If you eat regularly, you will feel better, gain strength, have less discomfort and heal faster.

FIRST POST-OP CHECK

We will see you back in the office as scheduled, usually in 7-10 days. This is a very important appointment. At this appointment, we will show you how to clean around your bridges and implants and describe any special items you should use for your homecare. We will also check your bite to make sure your teeth are hitting correctly.

GENERAL

If there is persistent bleeding, severe discomfort that cannot be relieved, extensive swelling, or any other problem that does not appear to be normal, **please do not hesitate to contact us at (503) 224-3853 or Dr. Haghghat's cell phone at (503) 358-2605.**

Congratulations on your new smile! Get plenty of rest and take care of yourself over the next few weeks. Do not hesitate to call us if you need us. If you call the office after our regular business hours, please listen carefully to our contact instructions so that we may assist you with your needs.

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