

Post Operative Instructions for Extractions & Implants  
(PLEASE READ CAREFULLY)

**1. TAKE ALL MEDICATIONS AS DIRECTED.**

If pain cannot be controlled by Motrin® (Ibuprofen) alone, prescription narcotic pain medications (*Tylenol® with codeine*, darvacet, etc.) can be taken in addition to Motrin to control your pain.)

**DO NOT OPERATE AUTOMOBILES OR MACHINERIES WHILE TAKING NARCOTIC MEDICATION.**

**2. SWELLING:** Some degree of swelling may occur. Usually, this swelling reduces after 3 to 4 days.

For 24 hours after surgery, hot foods and drinks should be avoided since heat can cause swelling around the surgical site. **AN ICE BAG** (or crushed ice in Zip-lock bag, covered with a thin towel) **HELD ON THE LIP OR CHEEK OVER THE SURGICAL SITE FOR 20 MINUTES ON AND 10 MINUTES OFF WILL HELP REDUCE SWELLING (during the initial 6 hours) or until bedtime.** For persistent swelling after the first 24 hours, heat is encouraged (warm water rinses hot water bottle, heating pad, etc.) since this will increase circulation to the surgical site and healing will be promoted.

**3. BLEEDING:** You may experience some bleeding during the first 24 hours. Do not be concerned if saliva appears slightly red.

If there is considerable profuse bleeding, take a piece of sterile gauze or a moist tea bag and bite on the bleeding area.

**4. DIET:** SOFT and COOL diet for the first 24 hours after surgery. We encourage you to restrict your diet to soft, nourishing foods. It is advisable to chew only on the side opposite the surgical area. Bland foods lacking high seasoning are less irritating and are encouraged during the healing phase as well. Some suggested foods: Dairy products, eggs, instant breakfasts, ice cream, Jell-O, yogurt, pudding, milkshakes, blended or pureed foods, and/or dietary supplements (Ensure, Nutriment, etc.).

No acidic juices, no spicy food, and no carbonated beverages for 4 days as they may irritate the healing tissue.

**5. ORAL HYGIENE:**

**NON-TREATED AREA:** Brush, floss, and proxa-brush as usual.

**TREATED AREA:** Use the **Peridex™** or **Periogard®** as directed for 4-6 weeks until membrane is removed.

After tea, coffee, and/or red wine, wait at least **2 hours** before rinsing with **Periogard®** or **Peridex®** to avoid staining of teeth. Also rinse off the toothpaste completely for at least 1 minute with water before using **Periogard® / Peridex®** because toothpaste interacts with the **Periogard®** or **Peridex™**. Brush, floss and proxabrush as usual 2 weeks after the dressing is removed. Some bleeding is to be expected. **Remember: The success of our procedure is dependent upon keeping the area plaque-free.**

**6. GENERAL INFORMATION:** Problems that arise during your post-operative period, such as continued bleeding, persistent pain, abnormal swelling, etc. should be discussed with us. We also suggest that you elevate your head by using two pillows during sleep for the first 36 to 48 hours after surgery and try to avoid face to pillow contact on the side of surgery. This will help reduce swelling. **DO NOT USE STRAWS FOR DRINKING** or **SUCK HARD** or **SMOKING DURING THE FIRST TWO POST-OPERATIVE DAYS.** These activities can cause bleeding. Due to its retarding effect upon healing, it is advisable that you keep smoking to a bare minimum. **NO STRENOUS EXERCISES and SWIMMING FOR 7 DAYS.**

You have had a surgical procedure and should expect to be moderately uncomfortable. The discomfort can be managed and minimized if you remember to:

- Apply ice as soon as possible
- Take medication as directed
- Eat an adequate diet.

**CONTACT OUR OFFICE:** If excessive bleeding occurs, severe pain is present for a prolonged period or swelling with fever occurs, please call us at

OFFICE: (908) 218-0770  
OFFICE Email: smile@kandcperio.com  
Dr. KIM's CELLPHONE: (646) 596-1430