

CNY PERIODONTICS AND IMPLANTS

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PERIODONTICS DENTAL IMPLANTS
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POST SURGERY SUGGESTIONS

General: Rest! 12-24 hours after surgery will allow you to heal with minimal post-operative discomfort. Be good to yourself. You deserve it!

Prescriptions: Please take as directed and start as soon as possible. Getting ahead of any discomfort will make it easier to manage.

Pain: Any expected pain will be addressed with appropriate medications. Please take as instructed. OTC medication if taken regularly over the first 72 hours is usually sufficient for most dental surgeries.

Antibiotics: Please complete all prescribed antibiotics. This is very important! You have just completed a major surgery and your body needs the added boost to help you heal.

Diet: A balanced nutritious diet is very important during this healing period. Protein is a key component to your body healing. Soft mild foods will be easiest to eat during the first 2-3 days. Things like (soup, eggs, mashed potatoes, yogurt, protein shakes, fish, etc.). Try to focus eating on the opposite side of surgery site. Please avoid hot and spicy foods, and carbonated beverages for at least 24 hours. It is not uncommon to be sensitive to cold liquids or foods. During the first 3 days after the procedure avoid drinking through a straw as this may cause complications.

Dressings/Sutures: A post-op appointment will be made 2-4 weeks post surgery to remove any remaining dressings or sutures. Some may come loose, fall off and/or dissolve on their own, that is to be expected.

Oral Hygiene: After 6 hours, please GENTLY rinse with recommended mouthwash. Rinse should be carried out twice daily. Your usual plaque control measures should be continued in the untreated areas. Please allow for two weeks before beginning to gently brush the treated area. For gum tissue grafting please wait until 1st post op appointment for further hygiene instruction.

Swelling: You may experience swelling, which usually presents during the first three days after surgery. Please apply ice 15 minutes on and 15 minutes off throughout the first 24 hours to reduce swelling. A frozen bag of peas works very well. In some instances a low grade steroid medication will be prescribed to help with inflammation.

Bleeding: Some blood-tinged saliva is normal the first 24 hours post surgery. If you experience persistent bleeding apply firm pressure with damp gauze or tea bag for 10-15 minutes WITHOUT removing. If there is still no resolution, please call the office.

We thank you for your trust in us, any concerns please call 315-455-5934