

POST-OPERATIVE INSTRUCTIONS FOR SINUS LIFT

- Take an over-the-counter decongestant (such as Sudafed) for two weeks or use Afrin nasal spray if you have any congestion
- DO NOT BLOW YOUR NOSE for 3 weeks after surgery. Forceful nose blowing and sneezing may result in a nose bleed, so, if you have to, blow very gently and try to minimize the force of sneezing
- You may experience some bleeding, even some nose bleeding, the first couple of days post surgery. If this happens, tilt your head back and use tissue or gauze to control the bleeding
- DO NOT FLY for the first 2 weeks after surgery. The change in air pressure may cause complications and loss of the sinus graft

POST OPERATIVE INSTRUCTIONS FOR DEEP CLEANING

- You can eat any type of food after treatment. Please make sure you do not bite your cheeks, lip or tongue if the anesthesia is still in effect
- If your initial periodontal gum condition is significant, you may experience some tenderness and slight swelling. Use warm salt-water (1/2 tsp of salt for 8 oz of warm water) on the first day
- Please continue with your home care. Try your best to brush and floss as instructed. You will heal faster if you keep a consistent routine for your oral care
- In some cases, teeth may be sensitive to cold, heat or sweets for a couple of weeks. These symptoms will gradually disappear. If sensitivity continues beyond three weeks, please let us know so we can prescribe the appropriate solution

POST OPERATIVE INSTRUCTIONS FOR BONE GRAFT

- Any movement or pressure in the bone graft surgical area will compromise the success of your surgery. If bone augmentation was performed in an area without teeth, please do not use a removable appliance for two weeks, except if you have to be out in public
- Some tenderness and possibly, some slight swelling, are to be expected in the area of the bone graft

PAIN MEDICATIONS AND ANTIBIOTICS

- Do not take any medications on an empty stomach. To prevent nausea, do not take all your medications at once. Wait half an hour in between medications
- If an antibiotic has been prescribed for you, make sure to take the medication as directed and for the entire length prescribed
- IF YOU EXPERIENCE ANY PROBLEMS SUCH AS RASH, HIVES OR PROBLEMS BREATHING, STOP THE MEDICATION IMMEDIATELY AND CALL

After Hours Contact:

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267-536-9579

Hours:

Mondays 1:15 PM- 5:00 PM

Tuesdays 8:30 AM – 5:00 PM

Wednesdays 8:30 AM – 5:00 PM

Thursdays 1:15 PM – 9:00 PM

Post-Operative Instructions: Dental Implants & Periodontal Surgery



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GENERAL POST-OPERATIVE INSTRUCTIONS

Numbness or Tingling:

The local anesthetic may last two to four hours after the procedure. Be careful not to bite your lip, cheek or tongue while numb

NO SMOKING

Smoking will delay healing and most surgical complications, such as infections, may occur in patients who smoke. If you smoke, it is in your best interest to refrain from smoking for a minimum of 7 days after surgery

Bleeding:

Persistent bleeding should be managed initially by compressing the gums with moistened gauze or a wet tea bag for 20-30 minutes. If you are bleeding excessively, please give us a call. You may see blood in your saliva for a day or two after surgery

Swelling:

Your face may swell around the treated area. This is a normal part of the healing process. The swelling will gradually decrease within four to five days
The ice pack provided should be applied to the face for 15 minutes at a time and continued for up to two hours as needed

In order to reduce swelling, take the anti-inflammatory medication or steroid prescribed

Bruising:

A small percentage of patients may experience slight bruising. This condition will resolve after several days

Drinking:

- Do not drink alcoholic beverages if you are still taking medications, especially antibiotics
- Do not use a straw or drink carbonated beverages for 48 hours

Eating:

- You may eat a diet of soft food rich in proteins and fluids for 2 weeks post surgery. Examples: Mashed or baked potatoes, fish, beans, pasta, yogurt, pudding, ice cream
- Avoid acidic, spicy, and crunchy foods

Oral Hygiene:

- Use a warm salt rinse solution (1/2 tsp salt to 8oz water at bedtime the day of the surgery)
- Try to brush and floss the areas that were NOT affected by the surgery, making sure you avoid surgically treated areas until your post operative visit
- You should start the prescribed mouth rinse 24 hours after surgery. The mouth rinse should be used 2 times daily – after breakfast and before bedtime. Make sure that any toothpaste is thoroughly rinsed out prior to using. Do not rinse with water after the prescription mouth rinse as this will reduce the effectiveness of the rinse

Physical Activity:

- Avoid strenuous exercise or other demanding physical activity for 1 week after your surgery

Teeth:

- You may find that some teeth have increased looseness after surgery. This is normal and your teeth should become more stable with time
- You may have hot/cold sensitivity. This will decrease with time. If it persists, we will discuss it in your post-op visit

POST-OPERATIVE INSTRUCTIONS FOR GUM GRAFT

- Roof of the mouth: if a soft graft was taken from your palate and you are bleeding, apply pressure with your thumb for 20 minutes using moistened gauze or tea bag
- Refrain from physical contact that may involve your mouth
- For the first 5 days post-surgery, cut your food in small bite size pieces. Do not bite into food in the area of the gum graft, and chew using the teeth opposite the grafted area
- You may brush your tongue and teeth but avoid the graft site for two weeks. Do not rinse vigorously for 4-5 days
- Refrain from pulling down your lip to view the graft as this could loosen your stitches
- Tenderness and some slight swelling are to be expected in the roof of the mouth (donor site)
- The white appearance of the graft is normal
- If you are extremely uncomfortable, or note anything that appears unusual, please call