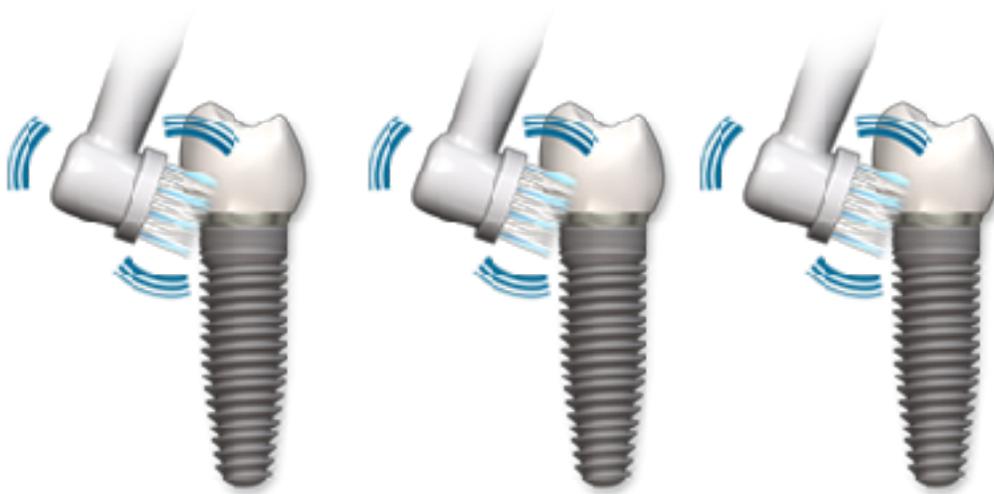


## POST OPERATIVE INSTRUCTIONS

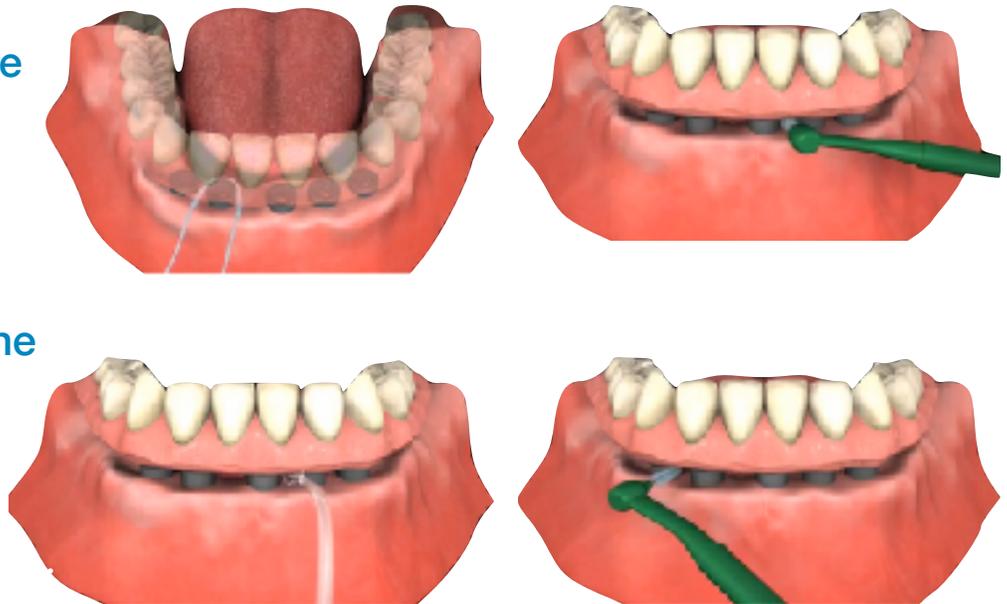


### Bleeding

There may be some bleeding following your procedure. To minimize this, avoid rinsing, spitting, or touching the wound for the first 24 hours following surgery. Excessive bleeding should be treated initially by biting on a gauze pad placed directly on the wound for 20-30 minutes. If bleeding continues, please call your dental office for further instructions.

“Although your temporaries are strong, stable, and function like teeth, you must eat soft foods during the healing and integration process.”

-Allon4doctors.com



## Oral Hygiene

Good oral hygiene will help speed up the healing process. Use Chlorhexidine Gluconate Oral Rinse before bed, immediately following surgery and twice daily thereafter. Be sure to rinse for at least 30 seconds before spitting out. Warm salt-water rinses (one teaspoon of salt in a cup of warm water) should also be used 4-5 times a day, especially after meals. Continue to brush your teeth twice a day, taking care to avoid brushing and flossing near the surgical site for the first three weeks. After your stitches have been removed you may start to gently use appliances (Proximal brushes, Super floss, and Waterpik irrigation) to clean under your temporary bridges.

## Pain

Start taking pain relief medication as soon as you feel the local anesthetic wearing off. For moderate pain, 1-2 Tylenol or Extra Strength Tylenol may be taken every 3-4 hours. Alternatively, take 2-3 tablets of 200mg Ibuprofen (Advil or Motrin) every 3-4 hours as needed. Do not take any of the above if you are allergic or have been instructed otherwise by your doctor. Please

follow instructions for pain medication protocol given to you by your Doctor. Please inform the doctor of any medications that you may be allergic to and any medications you are currently taking.

### Antibiotics

It is essential that you take your prescribed antibiotics as directed to help prevent infection.

### Swelling

To minimize swelling following surgery, apply frequent ice packs to your face during the first 36 hours. If you have some bruising to the face, the ice packs will also help reduce this.

### Diet

Drink plenty of fluids, avoiding hot drinks for the first 24 hours. You may wish to restrict your diet to soft foods and liquids for the first couple of months. Avoid sucking liquids through a straw in the first week. A good analogy for your new temporary restoration would be if you were to break your leg and for it to end up in a plaster cast. It will be wise to avoid placing too much weight on your broken leg even though it is in a strong plaster cast. Your new provisional restorations are similar to a plaster cast. Although they are strong, stable, and function like teeth, you must eat soft foods during the healing and integration process. This process takes at least 8 weeks. This will maximise the outcome. After 2-3 you may start chewing harder foods.

## Activity

Keep physical activities to a minimum immediately following surgery. Exercise may be resumed a few days after surgery but occasionally it may cause bleeding or discomfort and if this happens you should stop immediately and wait a few more days before exercising further.

## Sutures

Suture removal typically happens two weeks following surgery

*If you have any concerns in the hours, days or weeks following surgery, please do not hesitate to contact your certified dentist.*