

**SHERMAN OAKS COSMETIC AND IMPLANT DENTAL GROUP**  
**Periodontal-Post Operative Instructions**  
Telephone: (818) 990-4121

**RINSING:**

**Do not rinse your mouth for the rest of the day.** You may rinse with the prescribed mouthwash the morning following surgery, and continue rinsing for 7 days.

**SWELLING:**

Some swelling may occur, and is normal. Apply ice to the area as soon as you can for fifteen minutes intervals during the next 3-4 hours after surgery.

**BLEEDING:**

Slight seepage of blood may be expected and is normal for the first 24 hours. If extensive bleeding becomes a problem, apply pressure to the site with **moist tea bag (regular, not herbal tea) for at least 10 minutes**, and repeat if necessary. **Do not apply tea bag to the grafted area if you had a graft procedure.** If bleeding persists for more than 40 minutes, call us.

**EATING:**

Avoid foods that are spicy, sharp or hard. Avoid hot foods or drinks for the first 24 hours following surgery. You should drink plenty of cold fluids during the first 5-6 hours after surgery.

**ALCOHOL:**

**DO NOT DRINK** alcoholic beverages, they may initiate bleeding.

**SMOKING:**

**DO NOT SMOKE FOR AT LEAST ONE WEEK POST SURGERY.** It irritates the surgical site, and delays healing.

**MOUTH CARE:**

Do not brush or rinse the surgical area today. You may start your mouth care the day after surgery by rinsing your mouth and brushing all the teeth except the surgical area. In the surgical area **just brush the teeth and not the gums.**

**REST:**

Limit your physical activity for the rest of the day. Avoid heavy exercise for 5 days (for example: stairmaster, weight-lifting, etc.).

**MEDICATIONS:**

Take all your medications as prescribed by us and your other doctors, unless you are specifically advised to do otherwise.

**GRAFTS (Soft Tissue):**

Follow all the instructions as above, except **do not brush the area receiving the graft for 7 days.**

**SINUS GRAFTS:**

**DO NOT BLOW YOUR NOSE OR SNEEZE HARD FOR ONE WEEK.** If you start to feel congested after 2-3 days inform our office. Sleep with your head elevated (one extra pillow) for 5-7 days. Do not use a straw to drink fluids.