



Post Op Instructions

For Periodontal and Dental Implant Surgery

1. **Have your prescriptions filled as soon as possible after surgery.** Antibiotic medication must be taken as directed until entire prescription is finished (to prevent infection for setting in). Pain medication is recommended to be taken as needed for pain.
2. Apply ice to the surgical area for the first 24 hours to prevent swelling. (20 minutes on, 20 minutes off), after 24 hours apply heat with a heating pad.
3. Refrain from any physical activity for at least 24 hours. (This is to prevent blood rushing to the area).
4. Refrain from eating or drinking hot foods (coffee or hot soup) for at least 24 hours. Do not drink through a straw for 24 hours.
5. No alcohol, raw seafood, or cigarettes.
6. Do not directly brush or floss surgical area. Keep it clean by using soft red toothbrush given to gently clean around surgical area. Rinse with warm salt water, especially after meals.
7. If your sutures should become loose, do not worry. After periodontal surgery is performed and the infection is removed, the gums will automatically shrink as a result of the healing process.
8. If a pink periodontal bandage has been placed over the surgical area, please do not remove it. It has been placed there for extra protection.
9. If any problems arise or you have any questions, please call the office at the number below.

If you have a dental emergency after hours, please call our owner at 714-797-5433.

10. Your cooperation is very much appreciated.