



CORNERSTONE
PERIODONTICS AND DENTAL IMPLANTS
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Post – Surgical Instructions

1. Medications: Be sure to take medications as prescribed. They are best taken with food unless otherwise noted.
2. Smoking: Smoking does not allow tissues to heal well. Do not smoke.
3. Dressing: This dressing may loosen, chip, or come off. It will not need to be replaced if lost unless there is discomfort.
4. Diet: This is no time to lose weight. You must eat soft but nutritious foods in order to heal properly. Supplement your diet by having Ensure with your meals.
5. Cleaning: Brushing and flossing is not necessary in the surgery site during this first week of healing, but may be done gently if desired. Rinse three times a day with warm salt water rinses. (You may also use Peroxyl, do not dilute). If Chlorhexidene (Peridex or Perigard) is prescribed, be sure to follow the directions. Listerine used 2 to 3 times a day for 30 seconds to a minute is effective in killing surface bacteria.
6. Activities: You may follow regular activities according to how you feel. Do not drive or engage in dangerous work while taking narcotic medication.
7. Ice Pack: Apply an ice pack to your face several times a day during the course of swelling.
8. Fever: A low-grade fever is normal during the healing process.
9. Swelling: Swelling may occur, often increasing in-degree up to the 4th or 5th day following surgery. This is normal. Moist heat may be used after the first 24 hours instead of ice if desired.
10. Bleeding: Slight bleeding or spotting of the saliva is normal up to 48 hours following the surgery. If excessive bleeding occurs, first, carefully remove all traces of blood clots in the area, then, apply firm pressure with a moist gauze pad or tea bag for 10 – 15 minutes.
11. Sutures: Most sutures will dissolve within 10 days. Occasionally, we will use specific sutures designed to dissolve in 3 to 4 weeks.
12. Contact Dr. Anderson if any of the following should occur:
 - Excessive bleeding that cannot be controlled by instructions in paragraph 10
 - Excessive prolonged nausea
 - Appearance of rash or excessive itching
 - High grade temperature
 - Any other concerns – **CALL DR. ANDERSON**: 1-716-242-9237