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Periodontics and Dental Implants

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GUM SURGERY/IMPLANT SURGERY POST-OPERATIVE INSTRUCTIONS

Try to take it easy for the next 12 hours. Be good to yourself. YOU DESERVE IT!

SWELLING:

For the first two or three hours place ice packs on the area(s) of the face corresponding to the surgical site(s) for 20 minutes on, 10 minutes off. This will help control the swelling.

FEVER:

You may experience slight fever or chills. Don't be alarmed unless it persists for more than 24 hours. Please call us back if it rises above 101 degrees.

BLEEDING:

Some slight bleeding or oozing from the surgical site is normal. However, if continuous bleeding occurs, moisten gauze pads or tea bags and place one on the cheek side and one on the tongue side of the site and apply continuous, firm pressure on the areas for 10 minutes without removing them to check it. If that does not work, please give us a call.

MEDICATIONS:

Please take or use all medications as directed, as this will help the healing and pain control.

ORAL HYGIENE:

In the area of the surgery, brush the chewing surfaces of your teeth gently as often as you normally would and rinse your mouth with water after every meal. In the part of your mouth where no surgery was done, clean those teeth just as you normally do. Remember that wounds heal better when they are kept as clean as possible. Avoid trauma to the surgical site.

WHAT CAN YOU EAT?

Start out with liquid or very soft food for the first day or two, gradually progressing to harder foods after that.

Some suggestions for the first day:

Ice Cream	Yogurt	Carnation Instant Breakfast	Jello	Fruit Juices
Egg Salad	Popsicles	Pudding	Soups	Pimento Cheese
Malts	Iced Tea	Canned Fruits		Milkshakes

AVOID

POPCORN, NUTS, CHIPS, TACO SHELLS, SEEDS, and any other hard small food that could work its way under the gum. Also, avoid highly seasoned foods, tart fruit juice or alcoholic beverages, or hot temperature foods or drinks, which may cause some temporary discomfort.

SOME SUGGESTIONS FOR "FIRMER" FOODS

Warm cereals like Oatmeal or Cream of Wheat	Eggs	Meat Loaf
Spaghetti and Meat Sauce	Noodle Casserole	Soups and Stews
Macaroni and Cheese		

Vegetables such as soft beans, English peas, potatoes, squash, carrots and creamed corn.

These are only suggestions. Nutrition is important, so if you don't feel like eating a big meal, you might consider eating several small meals.

YOUR NEXT APPOINTMENT:

Your next appointment will be in about 7 to 14 days to remove sutures (if they are not the dissolvable type) and to check your healing. **THIS IS AN IMPORTANT APPOINTMENT!**

FOR PATIENTS WHO HAVE DRESSING

If a dressing was placed it should remain in place for at least a few days. However, if it comes out, don't worry about it unless you are uncomfortable. Don't hesitate to call us if you are uncomfortable.

QUESTIONS:

Please call your doctor directly at (**Pager: # 281-787-1832 -Dr. Bradshaw**) or call the office.