

These instructions are designed to instruct you in procedures that will minimize post-surgical discomfort and inform you of situations that may require special attention.

## 1. DISCOMFORT

It is not unusual to have a certain amount of discomfort for a day or two following your surgical procedure. If medications were not prescribed at the pre-operative appointment, you will be given a prescription for a medication to help insure a mild post-surgical recovery period. Please use this medication as prescribed for the control of severe discomfort. If you did not take a pain pill pre-operatively, then it is suggested that you take your pill as soon as you get home. If necessary, you may take 2 Tylenol four hours after each dose of pain medication. You may experience a slight feeling of weakness or chills for the first 24 hours. It is also possible to run a low grade fever. If this persists, please call the office.

## 2. SWELLING and BRUISING

Swelling may occur following your surgical procedure. To prevent or minimize swelling, we recommend that you place an ice pack over the area, 20 minutes on and 10 minutes off, for the first 48 hours following surgery. You should also elevate your head with four or five pillows or use a recliner. Do not apply ice when sleeping.

Two days after surgery, apply hot, wet compresses (not a heating pad) to the involved area. This will reduce the swelling. It will also help if you are experiencing soreness of the jaw and spasms of the muscles. Swelling often peaks 2 to 3 days after surgery.

We recommend that you avoid all strenuous exercise and heavy lifting as long as swelling is present.

## 3. BLEEDING

To avoid excessive bleeding, we strongly advise that you do not take any aspirin for two days following surgery, or more if the doctor recommends.

We also strongly advise that you do not drink alcoholic beverages the night of the surgery or while you are taking pain medication.

A small amount of bleeding is all that is necessary to discolor saliva. Do not be alarmed as this is normal.

If excessive or continuous bleeding occurs:

- \* discontinue all rinsing.
- \* sit in an erect position (do not lie down).
- \* apply a moistened cold tea bag to the affected area for twenty minutes (repeat if necessary).

If bleeding continues, please do not hesitate to contact the office.

## 4. DRESSING

The dressing (which acts as a bandage), is used to protect the surgical site and help reduce discomfort. If pieces fall off, it is of no concern unless the area becomes uncomfortable. Since the dressing is biocompatible, swallowed pieces are not harmful. Continue to use Vaseline or lip balm. It is not uncommon to get cold sores (which is the herpes virus), canker sores, or cracked lips. These will go away on their own within 7 to 10 days. **It is okay if the dressing becomes loose or falls off.** As long as you are comfortable, it does not need to be present.

## 5. RINSING

It is advisable to rinse your mouth with Chloraseptic Throat Spray. This will help keep the dressing clean, odor free, and act as a surface anesthetic. After 3 days you may use warm water rinses. A non-alcoholic mouth wash may be used.

## 6. SPECIAL MEDICATIONS

In some instances, antibiotics may be prescribed following your surgical procedure. You should take the entire prescription. It is to your advantage to take all pre-scribed medications (antibiotics, discomfort medications) as close to the advised time schedule as possible. If stomach upset occurs, stop medication immediately, and call our office for instructions.

## 7. PLAQUE CONTROL

You are now aware of the significance of plaque and the importance of good home care in the success of your periodontal or implant therapy. Although it is not advisable to brush the dressing, you may clean the surgical areas with a wet wash cloth to remove food particles and plaque. It is important that you continue plaque control procedures in all other areas.

## 8. DIET

Do not eat solid food on the side that was operated on for a period of eight hours. Avoid hot foods for two hours, and hot liquids for 24 hours. A liquid diet may be used at first, but remember, adequate nutrition is essential for healing. Try to avoid spicy, acidic and/or chewy foods on that side.

## 9. DIETARY SUGGESTIONS

Some dietary recommendations are:

Applesauce  
Baked potatoes  
Cottage cheese  
Cream soups  
Fish or fish sticks  
Jello  
Macaroni and cheese  
Mashed potatoes and gravy  
Meatloaf with gravy  
Omelets  
Pudding  
Scrambled eggs  
Yogurt or frozen yogurt

A milkshake after surgery will have a soothing effect. DO NOT DRINK THROUGH A STRAW !

DO NOT SMOKE DURING HEALING

If you have any questions or problems, please do not hesitate to contact us by calling:

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## Post Surgical Instructions

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