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**INSTRUCTIONS FOLLOWING
PERIODONTAL & DENTAL IMPLANT SURGERY**

1. You may experience swelling and bruising. Swelling will peak 3 days after surgery. **This can be minimized by immediately applying ice packs to your face, 15 minutes on and 15 minutes off until bedtime or approximately 12 hours on the day of surgery only.**
2. Minimize speaking and physical activity.
3. **DO NOT RINSE, EXPECTORATE OR USE A STRAW FOR THE FIRST 24 HOURS.**
4. Do not lie flat and try to keep your head elevated for the first 12 hours.
5. You may experience some slight bleeding during the first 24 hours. Do not be concerned if saliva appears slightly red.
6. To maximize comfort, take pain medication on a full stomach as soon as possible. If you react unfavorably to the medication, discontinue it and call the office.

HERE ARE SOME ADDITIONAL SUGGESTIONS:

1. Keep fluid intake high for the first 24 hours, drink plenty of water.
2. Avoid sunbathing.
3. Eat an adequate but soft diet. Examples-soup, pasta, eggs, yogurt, cottage cheese. Your body needs protein to heal, no dieting. **Avoid hot foods.**
4. If an antibiotic has been prescribed, discontinue only if you react unfavorably.
5. When going to sleep try to avoid face to pillow contact on the side of surgery.
6. If a dressing has been placed, **do not disturb it.** Avoid touching sutures with tongue or fingers.
7. Brush the other teeth normally **but do not brush area of surgery or use a Water Pik.**

You have had a surgical procedure and should expect some moderate discomfort. The discomfort will be minimized if you remember to: - **apply ice as soon as possible, take medication as directed, drink plenty of fluids and eat a soft adequate diet.**

IF YOU HAVE AN EMERGENCY, PLEASE CALL THE OFFICE FIRST. IF THE OFFICE IS CLOSED, PLEASE CALL DR. IENNA AT 516-978-6179 or DR. PAPPAS AT 631-871-7083.

Feel free to call on us for advice or help, for it is our goal to have you as comfortable as possible during the healing period.

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