

Brookline Periodontal Associates

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Practice Limited To
Periodontics
Dental Implants
Oral Diagnosis

Patient Self-Care Following Removal of Teeth

ACTIVITY: After leaving our dental office today, we suggest you consider limiting your activity as much as possible for the remainder of the day. Avoid strenuous activity or aerobic exercise for the next 2-3 days.

DISCOMFORT: Some discomfort may be present when the anesthesia wears off. You may have been given a prescription for an analgesic. Please take this as directed as it should decrease discomfort and possible swelling. Should intense discomfort occur at any time after the surgery, please call the office.

INFECTION: If you have been given a prescription for an antibiotic, please take it as directed until all the tablets have been taken. If you notice stomach upset, a rash or itching, call the office. If pain or swelling increases or if you note an elevated temperature, call the office.

SWELLING: It is not unusual for some swelling to occur after surgery, particularly in the lower jaw. To minimize swelling, apply an ice pack to the outside of your face over the operated area. The ice pack should be wrapped in a light towel and left in place for 10-15 minutes, then removed for 20 minutes. Repeat this cycle for 2 to 3 hours if possible. The ice pack should not be left in place continuously. Cold application will not be effective after 24 hours.

BLEEDING: It is common to have slight bleeding for a few hours following surgery. If bleeding persists or increases, apply firm pressure to the bleeding site with a clean gauze square or a moistened tea bag for 20 minutes. It is important to apply firm and constant pressure in order to control the bleeding. If necessary, repeat this procedure. Remember that a little blood in a mouthful of saliva looks like a mouthful of blood. If the bleeding persists, call the office.

ORAL HYGIENE: Brushing and oral hygiene procedures should be done as usual in all untreated areas. Avoid dental flossing in operated areas until instructed. Do not use undiluted mouthwash, salt water or peroxide rinses for the first week. Also avoid the use of water irrigation devices for 1 month following surgery. The exposed surgical site should be gently swabbed with Q-tips saturated with chlorhexidine (Peridex) twice daily.

EATING AND DRINKING: Do not try to eat or drink until all anesthesia (numbness) has worn off. Drink plenty of fluids. Multivitamin supplements may be helpful for the first several weeks after surgery. Please refrain from drinking alcoholic beverages the day of surgery.

USE OF REMOVABLE DENTAL APPLIANCES: If you normally wear a removable appliance which replaces missing teeth, and it rests on the operated area where implants have been placed, do not use this appliance, as any pressure on the surgical site could be detrimental to healing of the implants as well as cause discomfort.

We want your treatment to provide as positive a healing experience as possible. If you are having any problems or have any questions not covered in these guidelines, please feel free to call us at any time.