

# MASS AVE PERIODONTICS

DR. SARAH COURTNEY, DMD

LIMITED TO PERIODONTICS & DENTAL IMPLANTS

## Post-Operative Instructions

- Please avoid traveling (especially plane trips) during the first two weeks of healing to allow for proper follow up & avoidance of complications while away.
- Avoid any exercise or strenuous activity for at least 3-5 days after surgery.
- To reduce swelling place ice pack on outer cheek (20 minutes on/20 minutes off). Some swelling may occur which may be most significant 2-3 days after surgery, so be diligent with the icing for the first 48 hours. Bruising may occur.
- Discomfort after surgery is normal. Advil (Ibuprofen) or Tylenol (acetaminophen) should be taken to reduce the discomfort (& inflammation). Take as needed & do not take more than the recommended dose (noted on the pill bottle).
- Light bleeding or 'oozing' may occur. Do NOT spit – it will make the bleeding worse. If the bleeding persists, fold damp gauze over the surgical site & carefully close to create slight pressure. Continue to bite with light constant pressure for 15 minutes. Repeat this step with new gauze if needed. Please call if the area is actively bleeding & does not resolve with these instructions.
- A dressing may be placed over the surgical site & will be removed at your next visit. It may become loose or a portion may fall off. It does not need to be replaced unless it causes you discomfort or you prefer to have a new one placed.
- Avoid the surgical area when eating. Softer foods may be best for the first few days after surgery. Avoid hard/small foods (popcorn, seeds, nuts, etc). Avoid hot food/drink. Warm coffee, soup, etc. is ok but stay away from 'steaming hot'.

•NO FORCEFUL RINSING • NO STRAWS • NO SMOKING • NO ALCOHOL •

- Homecare: Do not brush/floss the surgical site (avoid the sutures & dressing). It is ok to brush & floss everywhere else. Peridex rinse may be prescribed. Let the rinse pool in the surgical site for 30 seconds. It may cause light staining, which can be removed during a hygiene visit.
- Please read the instructions on all prescription bottles. If you have an adverse reaction to the medication, stop taking & call the office if it is a non-emergency. Call 9-1-1 if it is an emergency. You cannot drive while taking some medications, including opiates & benzodiazepines.

If you have any questions or concerns please call the office at [\(781\)646-3100](tel:7816463100). The office voicemail can connect you to Dr. Courtney's cell phone if there is an emergency or urgent matter that occurs after hours.