



## Post-Operation Care

### PERIODONTAL AND IMPLANT SURGERY

1. You may be prescribed antibiotics - take these as instructed and finish the course
2. Discomfort will be best controlled with anti-inflammatory such as ibuprofen 800mg or Mefenamic acid 500mg every 8hrs as needed. You can also use 1g of paracetamol every 8hrs in combination with these drugs. If you cannot take these for any reason, 1g of paracetamol (every 4-6 hrs) may be appropriate. In addition, a stronger (Codeine) prescriptive medication may be provided for your comfort.
3. Do not brush the surgical area for 2 weeks. Obtain a bottle of Corsodyl or Kin mouthrinse at your local pharmacy. These kill bacteria in your mouth and will help maintain the cleanliness of the surgical site during healing. Please rinse with a half a cap-full twice a day for 1 minute then spit it out. Brush other teeth as normal.
4. Apply ice packs on the outside of your face in the area the surgery was performed. Please do this for 1 hour initially, then 10 minutes on and 10 minutes off for a period of at least 2 hours while awake.
5. You may follow your regular daily activities but avoid exertion such as working out or vigorous sports activities for 48-72 hours.
6. "Pinkness" in the saliva may be expected. If there is considerable bleeding, take a piece of sterile gauze or a moist tea bag and hold it on the surgical area and apply pressure for 30 minutes. You may have to repeat this more than once.
7. Sutures (Stitches) may have been placed during your surgery, some of these dissolve on their own, and others will need to be removed at 2-3 weeks after surgery.
8. Some degree of swelling may occur. This may not be noticed until 24 hours after surgery. Usually the swelling reduces after 48 hours. Ice application and NSAID use may help. Some bruising may occur.
9. Keep your head elevated for the first day. If you lie down, use 1 or 2 pillows to raise your head. Old pillow cases are advisable as you may experience slight bleeding. If you have had a sinus augmentation procedure - you will be given further special instructions to follow.
10. Do not eat in the area where the surgery was done. Eat liquid or soft foods (mashed potatoes etc.) for the first day and soft-diet for 4-5 days. Please do eat as nourishment is important for healing. Liquid nutritional supplements are useful to ensure proper calorific intake (e.g. Complan, Miluvita, Slim Fast).
11. Avoid smoking after surgery. Contact the clinic if:
  - Excessive bleeding occurs.
  - Severe pain is present for prolonged periods.
  - An unusual amount of swelling occurs.
  - You run a fever.