

Dr. Jan E. Angier

Periodontal Care and Dental Implants

POST OPERATIVE INSTRUCTIONS

MEDICATIONS:

Pain Medication:

- You are to expect some discomfort but not intolerable pain.
- To minimize possible discomfort, take the first dose of pain medication with a protein drink after arriving home from your surgery. After the first dose, follow the instructions located on the prescription bottle label.

Antibiotic Medication:

- If antibiotics have been prescribed, take them as directed until all are taken. To prevent nausea, do not take antibiotics at the same time as pain medication.

Anti-inflammatory Medication:

- In addition to the prescribed pain medication, anti-inflammatory medications such as Advil or Aleve are recommended for the first 5-7 days after surgery.
Advil Dosage: 600mg of Advil (3 tablets) four times a day
Aleve Dosage: 1 tablet three times a day

Periogard Anti-bacterial Rinse:

- **DO NOT RINSE FOR THE FIRST 24 HOURS.** Periogard rinse has been prescribed to help with cleanliness. Start this rinse the day after surgery.

HYGIENE:

- On the third day following surgery, you may brush your teeth and tongue, but DO NOT brush or floss surgical site(s) until instructed to do so.
- If a sinus lift procedure has been performed, DO NOT blow your nose for two weeks.

SWELLING:

- To minimize discomfort and swelling apply soft ice pack for two days following surgery.
- During the first two hours after surgery, apply the ice pack 15 minutes on/15 minutes off.
- On the third day following surgery, use moist heat for any remaining swelling.

DIET:

- For 4-6 hours following surgery, you are to have cold liquids only (protein drinks, iced tea, fruit juice and water). Do not use a straw; allow the cold liquids to pass over the surgical area.
- After six hours, you may begin to eat soft foods such as soup, yogurt, mashed potatoes or apple sauce (*any food that can be swallowed easily without much chewing*)
- Do not smoke or drink alcohol for one week.
- At your 1st post-operative visit, changes in your diet will be discussed.

PLEASE CALL THE OFFICE AT 972-462-9800 WITH QUESTIONS OR CONCERNS. IF AFTER HOURS, PRESS "1" ON THE VOICE MAIL SERVICE TO PAGE THE DOCTOR.