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Post-Operative Instructions

SURGICAL SITE CARE.

1. You may notice some swelling and bruising during the first three days after your surgery.
2. Apply an icepack on the outside of your face in the surgery area on and off for 15 minutes at a time. It is most critical for the first 6 hours and can be beneficial up to 72 hours post surgery.
3. Limit strenuous exercise, talking, and expressive facial expressions.
4. Avoid lifting your lip, examining the surgical site, and touching the surgical site with your tongue.
5. Keep your head raised (above your heart) when resting and do not sleep on the side of your surgery.

DISCOMFORT.

1. Use of anti-inflammatory and pain medications is most effective BEFORE discomfort starts and if taken CONSISTENTLY for the first 2-3 days after your procedure.
2. Ibuprofen (Advil, Motrin) and Tylenol may be taken together as needed.

BLEEDING.

1. Light bleeding can be expected after surgery. Never try to stop the bleeding by rinsing.
2. If you experience heavy bleeding, press a wet teabag (black or green tea) firmly on the surgical site for 20-30 minutes and resume use of an icepack.

RINSING.

1. DO NOT RINSE FOR 24 HOURS after your procedure to avoid bleeding and poor healing.
2. After 24 hours, you may rinse gently with a mild salt water or diluted mouthwash.

BRUSHING.

1. Avoid brushing and flossing in the surgical site.
2. Routine care should be completed for all other teeth. Keep your mouth as hygienic as possible without direct contact of the surgical site.

EATING.

1. Stay well hydrated especially when taking medications.
2. Eat on the other side and only soft foods such as yogurt, eggs, tuna fish, soups, pasta, blended or mashed foods, cooked vegetables, and soft fruits.
3. Avoid crispy and chewy foods, and food that may get stuck between your teeth such as seeds, nuts, and popcorn.
4. Avoid hot food and drinks. They should be cooled to room temperature.
5. Do NOT use a straw and do NOT smoke.

EXERCISE.

1. Fatigue is a common reaction. Rest as much as possible, especially on the day of surgery.
2. Do not exercise for 3 days as it may cause disruption of healing. After 3 days, use your discretion.

Post-Operative Instructions after One Week

1. Dissolvable sutures are typically removed after 7-10 days, if they have not dissolved already.
2. The area may continue to be sensitive and tender. Space between the teeth may be more open.
3. Q-tip cleaning or gentle tooth brushing are permitted in the area as directed.
4. Proceed with caution with floss, rubber tip, toothpick, proxabrush, and Waterpik use for 2 more weeks.
5. Resume a normal diet unless otherwise specified, but continue to avoid food near the area for 2 more weeks.

PLEASE DO NOT HESITATE TO CONTACT US WITH QUESTIONS OR CONCERNS.