



Fairfield County Implants & Periodontics, PC

POST-OPERATIVE INSTRUCTIONS

MEDICATIONS	<ul style="list-style-type: none"><input type="checkbox"/> Ibuprofen 600 mg every 3-4 hours for first 3 days NO MATTER WHAT. Next doses at: • _____ : _____ • _____ : _____<input type="checkbox"/> Take extra pain med like Vicodin[®] (hydrocodone) IN ADDITION TO ibuprofen if needed<input type="checkbox"/> Continue antibiotics until gone<input type="checkbox"/> Continue Arnica until gone (5 pellets, 3x/day)<input type="checkbox"/> IF GIVEN, apply Arnica cream externally on face 3x/day
SWELLING	<p>Swelling is normal and peaks 48 to 72 hours post-procedure</p> <ul style="list-style-type: none"><input type="checkbox"/> Use ice pack (15 min on/15 min off)<input type="checkbox"/> Sleep on two pillows to elevate head
BLEEDING	<p>Light bleeding may occur, even from the nose, up to 72 hours post-procedure</p> <ul style="list-style-type: none"><input type="checkbox"/> Control by applying pressure with moist gauze or wet tea bag for 15 min
NASAL CONGESTION	<ul style="list-style-type: none"><input type="checkbox"/> DO NOT blow your nose<input type="checkbox"/> May use oral decongestant like Sudafed[®]<input type="checkbox"/> Avoid nasal spray
FOOD	<ul style="list-style-type: none"><input type="checkbox"/> Eat soft foods such as:<ul style="list-style-type: none">• Yogurt or cottage cheese• Mashed potatoes• Oatmeal• Applesauce• Soup• Stuffing• Porridge• Bananas• Well-cooked veggies• Pudding or gelatin• Pasta• Protein shakes• Soft bread• Sorbet• Eggs• Fish<input type="checkbox"/> DO NOT eat chewy, hard, fried or spicy food like cereal, crusty bread, pizza, candy, corn, rice, popcorn, nuts, gum, steak, wings, sausage, chips, nachos, pretzels, seeds
ORAL HYGIENE	<ul style="list-style-type: none"><input type="checkbox"/> Rinse with Peridex[®] (0.12% chlorhexidine) or warm salt water 2x/day<input type="checkbox"/> Avoid brushing or flossing the surgical area<input type="checkbox"/> OK to clean other teeth
EXERCISE	<p>Avoid for a minimum of 48 hours</p>
DENTURES	<p>Avoid wearing temporary denture as much as possible</p>
DO NOT	<ul style="list-style-type: none"><input type="checkbox"/> Smoke<input type="checkbox"/> Spit out with force<input type="checkbox"/> Use a straw<input type="checkbox"/> Remove sutures yourself<input type="checkbox"/> Remove dressing if applied

Please contact us anytime if you have any questions or concerns before or after your procedure. If you have any questions after hours, please call the office number (below) and follow the prompts. Thank you.

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