

COREY + THEN

PERIODONTICS AND DENTAL IMPLANTS

POSTOPERATIVE INFORMATION AND INSTRUCTIONS

The following suggestions and reminders will be beneficial to your postoperative progress and will aid considerably in promoting comfortable healing. Please read the instructions carefully and follow the recommendations, which will help the healing and keep you comfortable.

- The dressing, which has been applied to your teeth and gums, will set hard and within the next hour. This is a protective covering and will withstand the moderate stresses of light chewing and tooth-brushing. The dressing should remain in place for the first 2-3 days or until your next appointment at which time it will be removed. If the dressing should become loose or fall out, do not become alarmed.
 - When the local anesthesia wears off you may experience some discomfort. Take the medication for discomfort as prescribed. To prevent possible nausea when taking the medication, it is suggested that you take the capsule with food. Do not take on an empty stomach.
 - If antibiotics were prescribed and dispensed, take as directed. Women please note, antibiotics can inactivate the Birth Control Pill.
 - Ice pack applications for the remaining part of the day will help control the expected swelling. The ice pack can be applied for 20 minutes on, and 20 minutes off. If swelling or discoloration persists after 24 hours, apply warm moist heat to the area (ex: warm wet wash cloth). The swelling and discoloration may continue for 3 to 4 days and then subside.
 - Follow your normal home-care program of brushing and flossing in all areas EXCEPT those involved in the surgery. Gently brush the exposed surfaces of the teeth where surgery was performed.
 - Do not rinse the mouth or use anything very hot for the first two hours. In addition to your instructions for Peridex, starting tomorrow, rinse mouth gently after meals, using 1/4 tsp. of salt to a glass of warm water (except if you have high blood pressure).
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- It is very important to maintain adequate nourishment during treatment. However, refrain from having hot or spicy food or drinks the day of surgery. Avoid smoking and alcoholic beverages if possible.
 - You can anticipate some seepage or slight bleeding for the first several days. If heavy bleeding is noticeable, place a piece of gauze between the thumb and index fingers, and apply gentle pressure for 20 minutes. Repeat this procedure if necessary until the bleeding subsides. Keep your head upright during the time that pressure is applied, and under no circumstances should forceful rinsing be used to try to stop the bleeding. If bleeding persists, do not hesitate to call the office. Do not take aspirin; clotting will be inhibited.
 - If you had sedation prior to the surgery, you should lie down and rest as soon as you get home. The effects of the sedation may last for 24 hours. Rest and sleep after any operation is desirable to conserve energy.
 - You may experience a feeling of weakness, chills, or slight fever during the first 24 hours. This should not be a cause for alarm, but should be reported at the next visit to the doctor.
 - You are not restricted from normal activity in any way. However, do not engage in strenuous actions that will tire you unduly, or elevate your blood pressure. You are encouraged to perform your regular duties or work after the first day or two.
 - Take a laxative before bedtime if the medication has a constipating effect. It is essential to keep the intestinal tract functioning well.
 - As an alternative to a prescribed pain medication, you may take one Tylenol (500mg Acetaminophen) and three Advil (200mg Ibuprofen) every 4-6 hours as needed.

IF ANY OTHER PROBLEMS ARISE, PLEASE DO NOT HESITATE TO CALL THE OFFICE.

JOHN B. COREY, D.M.D. PETER R. THEN, D.M.D., DR. MED. DENT.
DIPLOMATES, AMERICAN BOARD OF PERIODONTOLOGY
PRACTICE LIMITED TO PERIODONTICS AND DENTAL IMPLANTS
254 WESTERN AVENUE • SOUTH PORTLAND, MAINE 04106 • 207.774.5527
WWW.COREYANDTHEN.COM

DR. COREY HOME: 207.781.4809
CELL: 207.272.4267

DR. THEN HOME: 207.846.3281
CELL: 207.712.6376