



POST-OPERATIVE INSTRUCTIONS: GUM SURGERY/IMPLANT/BONE GRAFT

- **ORAL HYGIENE:** Avoid brushing the area for at least one week or until you have seen Dr. Trezek for your first post-operative appointment. You may brush and floss as normal in all other areas.
- **AVOID** any swishing or heavy spitting.
- **AVOID** any over the counter mouth rinses, salt water or hydrogen peroxide.
- **DIET:** Avoid hard, crunchy, sticky, hot and/or spicy foods for the next 14 days. When eating, try to avoid the surgical site.
- **SWELLING:** Swelling and bruising may occur after the surgery. This is normal. Use an ice pack or cold compress to help minimize swelling and bruising.
- **PAIN:** You may experience slight discomfort following the surgery. If you have been prescribed medication please take it as directed. You may also use over the counter Ibuprofen *if your medical history permits*. You can take 800mg of Ibuprofen every 6 hours but not to exceed 2400 mg in a 24 hour period.
- **HEALING:** Bone graft particles may work their way through the tissue. *This is normal and to be expected.* If a membrane was placed, it will be removed approximately 4 weeks following the surgery. If you experience a major change in the feel of the tissue or its appearance contact our office for a post operative appointment.

Call our office if any *unusual* symptoms occur.

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