

POST-OPERATIVE CARE

REST We recommend that you return home after surgery and relax, lying quietly with your head elevated for the rest of the day. Always get up slowly from a reclining position. Please limit your physical activity for two days following surgery and refrain from a vigorous exercise program during the first post-operative week.

PAIN RELIEF Usually the most uncomfortable time is when the “freezing” starts to fade. If you have not already taken a pain medication at our office, take your prescribed pain medication as soon as you arrive home, even if it does not hurt yet. Do not take Aspirin or Advil if you have been prescribed an NSAID such as Voltaren (Diclofenac). Otherwise, Advil (400mg) or other forms of ibuprofen taken every four to six hours effectively control pain. If you have an intolerance to Aspirin, do not take Advil or Voltaren. Instead, take Tylenol (325mg or 500mg) or Tylenol with codeine by prescription. Applying an ice bag to your face for 20 minutes on and 20 minutes off for the remainder of the day of surgery will help control pain and swelling.

ANTIBIOTICS If an antibiotic has been prescribed, please take the full prescription as directed. Eating yogurt daily for a few days after finishing your antibiotics will help restore your intestinal flora. If you develop a drug reaction such as itching, skin rash, swelling, nausea or severe diarrhea, immediately stop taking the medication and call Dr. French at 403.247.8656. If you experience a sudden, severe allergic reaction with difficulty breathing, contact 911.

SWELLING Swelling often occurs and is normal. You can help reduce swelling and subsequent pain by placing an ice pack on the surgical site for 20 minutes on and 20 minutes off for the remainder of the day of surgery. Do not apply heat. Swelling will increase for two days then decrease after day three. If swelling is severe or increases after day four, contact our office.

BLEEDING Some bleeding and seepage is normal after a surgical procedure. Bleeding may lead to clumping of a loose blood clot over the surgical site; this is normal. If rapid bleeding occurs, apply non-stop pressure using a moist tea bag for 20 minutes. If bleeding continues, contact our office.

PROBLEMS Please do not hesitate to call Dr. French if complications occur.

EMERGENCY: 403.247.8656

PERIODONTAL PACK When necessary, a surgical dressing is applied over the area to protect healing. Do not worry if pieces or the entire pack comes off. Please make sure you keep the area clean with the Chlorhexidine antiseptic rinse.

ORAL HYGIENE Avoid brushing and flossing near the surgical area for one week. To help control bacterial growth, use a Chlorhexidine rinse as prescribed. The rinse may temporarily stain your teeth, but they should return to normal with regular brushing after healing is complete.

STITCHES Sutures that are around and between the teeth will keep the gum tissue in the correct position for the first three days of healing. Most stitches used are self dissolving. If a stitch comes loose no treatment is required as long as the wound remains closed and there is no bleeding.

NUTRITION Good nutrition is essential for healing. For the first 24 hours, please avoid drinks and foods that are very hot. To reduce the pressure of chewing, choose food that is mashed, puréed, chopped, grated or cooked to a soft, moist consistency. Some examples are cream of vegetable soups, casseroles made of minced and soft foods in smooth sauces, overcooked pasta or white rice, couscous, mashed potatoes, mashed carrots and rutabaga, scrambled or poached eggs, soft cheeses, tofu, smooth peanut butter, refined bread, plain yogurt, oatmeal, pudding, smoothies or milkshakes made with fruits (eat with a spoon not a straw) and ice cream. Avoid eating hard, chewy food such as tough meats, crusty breads and crunchy, raw fruits or vegetables. Also avoid food with small seeds, nuts, dried fruits and popcorn, which could get stuck in the surgical site. Chew on the opposite side of the surgical site. Liquid food supplements, such as Carnation Instant Breakfast or Ensure, can help if you have difficulty eating.

ALCOHOL Avoid all alcoholic beverages as alcohol can interact with the pain and antibiotic medication, causing a severe reaction. As well, alcohol can increase bleeding.

SMOKING Heat and smoke can act as an irritant, significantly delaying healing and causing more discomfort. Please limit smoking as much as possible.



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