

First Impressions Dental

INFORMATION FOLLOWING 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.

- Use the rinse provided 2 times a day. Avoid any swishing or heavy spitting. Allow the rinse to sit in the area for 1 minute, and then gently spit out. **Do Not** rinse with any over the counter mouth rinses, salt water or hydrogen peroxide.

DIET: Avoid hard, crunchy, hot and spicy foods for the next 14 days. When eating stay away from the surgical site.

SWELLING: Swelling and bruising may occur after the surgery. This is normal. Use an ice pack or cold compress to minimize swelling and bruising.

PAIN: You may experience slight discomfort following the surgery. If you have been prescribed a medication take as directed. You may also use over the counter Ibuprofen if your medical history permits. You can take 800mg every 6 hours (not to exceed 2400mg 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 4 weeks following the surgery. If you experience a major change in the tissue feel or appearance contact our office.

Call our office if any unusual symptoms occur.

**First Impressions Dental
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