**FRANKLIN D. NIVER, D.M.D.**

**Professional Corporation**

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**PERIODONTICS**

**DENTAL IMPLANTS**

**POST-OPERATIVE SURGICAL INFORMATION**

* **Rest:** Please limit your physical activity. On the day of your surgery, please do not lie flat when returning home. Remain propped/sitting up until it is time to go to bed, then keep your head slightly elevated for the first night.
* **Eating:** You may eat whatever is comfortable. Avoid food and beverages that are extremely hot for 24 hours. Avoid hard and crunchy foods while the surgical site is healing.
* **Driving:** If you have taken a sedative, do not drive a vehicle for 24 hours.
* **Smoking:** Irritates the oral tissues and inhibits healing; can cause bleeding
* **Medication:** Take each medication according to its directions.

●Advil, Motrin (Ibuprofen) or Aleve (Naproxen) may be taken to minimize swelling. It can be taken with Tylenol (Acetaminophen) for added comfort.

●Norco (Hydrocodone) can be taken with Motrin, Advil, Aleve or one Tylenol if needed for added comfort.

●The antibiotic should be taken for the prescribed number of days.

●If you develop a rash or hives call the office for further instructions.

* **Ice:** Continue to use an ice pack on your face over the area of the surgical procedure for 20 minutes followed by a 10 minute rest. Repeat this on and off cycle all day. This will help contribute to your comfort and minimize swelling.
* **Bleeding:** Some slight seepage of blood is normal. Continue to use mild pressure with moist gauze for a minimum of two hours. DO NOT RINSE OR SPIT to control bleeding. DO NOT USE A STRAW the first week, it can cause or prolong bleeding. If bleeding becomes a problem, apply moist gauze with pressure for 15 minutes (time it). Repeat as necessary. If bleeding does not subside after two hours, call the office for further instructions.
* **Sinus Lift/Bone Graft for Sinus Floor Elevation:** If you had a bone graft for sinus floor elevation, some nasal congestion or slight bleeding from the nose is usual. Use over the counter nasal sprays and decongestants as needed. Do not blow your nose or pinch off a sneeze.
* **Swelling:** The day following your surgery you may be aware of the onset of some swelling and bruising. This may increase somewhat over the next two days and then should begin to subside slowly. This pattern of swelling is associated with normal healing. After the first day the application of a moist warm cloth to the side of your face for five to ten minutes in the morning and evening may also contribute to your comfort. Additional ice packs may also be useful. Numbness may persist on the side of surgery for a period of time.
* **Mouth Care:**
* Do not brush the surgery area today; brush all other areas to reduce bacteria and improve comfort.
* In order to promote healing and maintain cleanliness, the Chlorhexidine rinse should be used morning and evening, if prescribed. For added comfort, you may gently rinse your mouth with a solution of one teaspoon of salt (high blood pressure patients use Epsom salts) dissolved in 6 oz. of warm (not hot) water. Repeat this four to six times per day as desired. DO NOT RINSE VIGOROUSLY.
* You should gently brush and floss the rest of your mouth as usual.
* Apply Vaseline to the corners of your mouth to prevent cracking and drying if needed.

**With proper care your mouth will rapidly return to normal. We will check you within the next several weeks, but please call us if you have any questions.**

**DIRECTIONS FOR MEDICATIONS YOU MIGHT BE PRESCRIBED**

**Antibiotics/Medications Dosage/Instructions**

**Amoxicillin 500mg Take one 3 times daily until**

**finished**

**Augmentin 825/125 Take one 2 times daily until**

**` finished**

**Cleocin (Clindamycin) 300mg Take one every 6,8 or 12**

**Metronidazole 250/500mg hours until finished**

**Z-Pack 250mg Take two tabs first day, then**

**one tab daily for four days.**

**Chlorhexidine rinse to If prescribed, soak gently with**

**promote healing ½ capful first day then rinse**

**30 seconds twice daily for**

**for 2 weeks.**

**OTHER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**For Comfort**

**Ibuprofen (Motrin, Advil) 600mg or Every 4-6 hours as needed**

**Naproxen (Aleve) 440mg (can be taken in conjunction**

**with Tylenol)**

**Acetaminophen (Tylenol) 1000mg Every 4-6 hours as needed**

**(can be taken in conjunction**

**With Motrin, Advil or Aleve)**

**Hydrocodone (Norco, Vicodin) Every 4-6 hours as needed**

**DO NOT DRIVE.**

**OTHER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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