

Post Operative Instructions

after gum or implant surgery

1 - Do not smoke for at least 48hrs after surgery.

2 - Today, rest as much as possible with your head elevated. Avoid vigorous exercise. No lifting weights or bending below the waist. No yoga.

3 - Do not eat anything or drink hot fluids until the numbness has worn off to avoid injury from accidental biting or burning.

4 - Slight bleeding is normal for several hours following surgery. If persistent bleeding occurs place a wet teabag on the involved area and apply direct pressure for 15-20 continuous minutes. Repeat as necessary.

5 - Place a cold compress on the face alternating on and off for 20 minutes during the first 72 hours to avoid swelling.

6 - Take all medications Dr. Sarmiento has prescribed for you according to directions. Avoid alcohol with antibiotics and sedatives.

7 - Starting 24 hours after surgery, gently rinse your mouth with ¼ teaspoon salt in 8 ounces of warm water four times a day. Also use the Peridex three times a day as indicated.

8 - Starting tomorrow brush your teeth as usual. Do not brush surgical area until the stitches are removed.

9 - If a periodontal pack has been placed in your mouth, do not remove it. The pack should remain in place for one week. If the pack comes off before this time, it is not an emergency, but the doctor should be notified.

10 - Return for your appointment to have the periodontal pack and any sutures removed. If the sutures loosen or come out within 3 days, please inform the office.

11 - Swelling, bruising, loosening of teeth, slight bleeding and gum recession may be expected after the surgery.

12 - Avoid eating hot, spicy, nuts, popcorn, seeds, peanuts, pretzels and any food that may get caught between your teeth.

If you are having a medical emergency of having difficulty breathing call 911.

* If at any time you have questions or concerns regarding your treatment please call our office.

Dr. Hector L. Sarmiento

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