

# General Instructions for Implant, Periodontal, or Oral Surgery

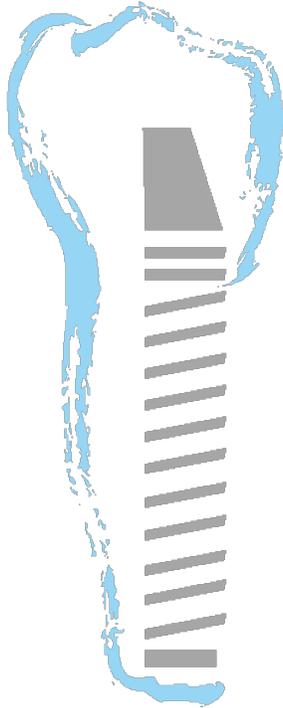
1. Increase your fluid intake following surgery and maintain a soft diet. If you have difficulty drinking fluids or swallowing contact the office.
2. Do not wear your dentures unless otherwise told by your doctor. Pressure from the denture can cause the sutures to loosen and disturb the healing area.
3. **Do not pull on your lip to examine the surgical site.** The incision may open which can delay healing and jeopardize the outcome.
4. Do not smoke for at least two weeks after surgery. Smoking will delay healing and contribute to a greater risk of graft and/or implant failure. Use the nicotine patch as directed if needed. You may also receive a prescription for Zyban (bupropion) to help prevent smoking. Ask the doctor if you need these anti-smoking medications
5. Avoid rinsing vigorously or spitting until the sutures are removed.
6. Do not brush your teeth in the operated area until the sutures are removed (one to two weeks). Starting the day after surgery you may gently brush your teeth in areas distant from the surgical site. Rinse your toothbrush under hot water to soften the bristles and avoid vigorous rinsing.
7. Please limit your physical activity following surgery. You should be able to resume light activity in a day or two. Avoid physical exercise or strenuous activity for at least one week.

## Sinus Surgery

1. Avoid rinsing vigorously (ballooning your cheeks) or spitting until the sutures are removed.
2. Do not blow your nose and sneeze with your mouth open if you have to. You may experience some bleeding from the nose. If you feel congested, the doctor may recommend an over the counter nasal spray such as Afrin and/or a decongestant such as Sudafed tablets. Do not use the nasal spray for more than 3 days.

## Bleeding

Slight bleeding for a number of hours following surgery is not unusual. Your saliva may be tinged with blood for up to 48 hours. If heavy bleeding is still present a few hours after surgery, moisten a washcloth, piece of gauze or tea bag and place it over the area applying pressure for one-half hour. Repeat this if necessary. Holding small amounts of ice water in your mouth will usually stop any slight oozing. If there is excessive bleeding the day of or continual bleeding the day after surgery, call for instructions.



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