



Farrokh Bashiri, D.D.S.

Periodontics and Dental Implants

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Post operative instructions

- 1. Discomfort and Medications:** Periodontal surgery, like other surgical procedures, maybe associated with degrees of discomfort. This depends on the procedure involved and individual differences. If analgesics (painkillers) have been prescribed, it is usually best to take the first dose while the surgical site is still anesthetized (numb).
All medications have been carefully determined to give you the maximum use of drugs. **Please do not drive if you take the painkiller such as Vicodin or Tylenol no.3.** Please avoid driving or operating dangerous equipment while taking narcotics can be very dangerous.
- 2. Bleeding:** You may notice slight bleeding from the surgical site. This type of **minor bleeding** for one or two days is not unusual and is not a major concern. Cold water held in the mouth will help slow the bleeding. If at any time you notice the formation of a large blood clot or an obvious flow of blood, notify Dr. Bashiri at once. Placing gauze or Lipton tea bag with firm pressure for about at least 10 minutes can stop the bleeding.
- 3. Sutures:** Sutures (stitches) are placed to hold the gum tissues in the proper position for ideal healing. We want you to return so that they can be fully removed once significant healing has occurred. **Do not disturb the sutures.**
- 4. Diet:** There are no limitations on diet as long as you are comfortable with the food. We recommend a soft diet. Avoid hard, fibrous, or sharp foods (corn chips) as these maybe uncomfortable. Maintain a diet with a normal calorie level that is high in protein minerals and vitamins after the surgery. **Drink plenty of liquids.**
- 5. Oral hygiene:** Do not brush the area for three days. Continue to brush and floss the teeth, which were not involved in the surgery. You may rinse with warm salt water or with the prescription rinse (2x a day for one week). **Please start brushing gently on the 4th day.**
- 6. Physical activity:** Avoid strenuous physical activity during your immediate recovery period usually 2 to 3 days.
- 7. Smoking:** If you can not quit completely, you should at least refrain from smoking for the first 24-48 hours, since smoking will delay healing and increase chances of failure.
- 8. Swelling:** Some swelling is normal, and an ice pack held on the cheek for intermittent periods (10-20 minutes on and 10-20 minutes off) during the first 24-48 hours may help reduce the swelling. For any residual swelling, heat is encouraged (hot water bottle, heating pad, etc.). Any other questions arise, please do not hesitate to call the office at (925)689-8110.