



Lexington Periodontics & Implantology, LLC

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Postoperative Instructions

Medication:

If no contradictions exist, please take 2-3 Advil/Ibuprofen (200mg each) every 6-8hrs (max 2400mg in 24 hours).

If needed, alternate with 2 Extra Strength Tylenol (500mg each) every 4hrs.

No more than a total of 6 tablets of Tylenol ES (max 3000mg of Tylenol/Acetaminophen in 24 hours).

e.g.: 7 a.m. Advil and 11 a.m. Tylenol ES.

Make sure to take your antibiotic as prescribed and UNTIL GONE.

If prescription medication is given, the doctor will instruct you on how to take it.

E.g. If a narcotic pain medication is prescribed, please still take the Advil/Ibuprofen, however, do not take the Tylenol ES as the medication already has acetaminophen in it.

**Use an ice pack or crushed ice in a zip-lock plastic bag alternating 15-20 minutes on and 15-20 minutes off for the first 24 hours. Swelling may peak at 48hrs post-operatively; therefore continue with the medication instructions.

Bleeding:

Red saliva and oozing are very common in the first 24 to 48 hrs. You can swallow this saliva.

If persistent bleeding occurs, sit up and apply a moistened caffeinated tea bag with light pressure to the area for 20 minutes.

If un-controlled bleeding occurs or you have a concern please call the office at any time.

Tissue color may change to white or dark purple; this is a normal tissue healing process.

Diet:

Soft diet is advised. Chewing preferred on the opposite side of the procedure. If both sides were treated please follow soft diet. Avoid very hot liquids or foods; avoid any kind of seeds, popcorn and all crunchy foods. ***Avoid smoking, the use of straws and heavy kissing. Keep adequate fluid and nutrition intake for proper wound healing.

Rinsing and Brushing:

Peridex or Perioguard (an antimicrobial mouthwash) may be prescribed.

Rinse twice a day as directed for a period of up to two weeks post surgically OR use as directed by your doctor. Other over the counter mouthwash may be used if no prescription given. A soft brush will be given to you; very gentle brushing is recommended on the biting surfaces of the teeth at the surgical site. Avoid brushing the gums at the surgical site. Warm salt water rinses are soothing and promote healing especially after you eat. Normal oral hygiene habits should apply to the rest of the mouth.

Activity:

Do not participate in any strenuous (blood pumping) activity for five days. Walking and every day activities may be done. If a note to work place or school needs to be made, please let us know.

Questions or concerns...

During office hours you can call the office at 781-861-7777.

After hours please call the office; the answering service will have the doctor on call paged.

If for any reason the answering service does not respond or you must speak with your doctor, please call Dr. Rabinovitz directly at (617)953-0925, Dr. Molina at (787) 510-0124, or Dr. Alper @ (508) 982-4446