

Post-Operative Instructions for Periodontal & Implant Surgery

1. *DO NOT rinse for 24 hours after surgery and AVOID extremely hot liquids and citrus juices for the next few hours. DO NOT smoke for at least 24 hours after surgery. No drinking through a straw. Avoid vigorous exercise for 10 days.

2. *The dressing over the treated area is for your protection. It should be disturbed as little as possible. Don't be concerned if pieces come off. Call to have the dressing replaced only if it falls off before 3 days or if you are uncomfortable.

3. While gum recession usually results from surgery, it is never as much as it appears to be during the first few weeks. As healing progresses, the normal color and a smooth natural shape will return. Gum recession may be permanent.

4. *MEDICATION - Mild discomfort can be controlled with two extra strength Tylenol or similar tablets every four (4) hours (avoid aspirin). If a pain reliever has been prescribed, only take as many pills as necessary. If an antibiotic has been prescribed, be sure to take ALL the pills as directed. AVOID ALCOHOL with antibiotics, pain pills or sedatives.

If you have any problems with any antibiotics, please call the office immediately.

DO NOT DRIVE while taking any sedative or pain relieving medication. Some antibiotics may interfere with birth control pills. Check with your physician first.

If you premedicate with antibiotics before dental procedures, you must take your medication as prescribed on the day of suture removal (at least 1 hour before).

5. *Some swelling and temporary loosening of the teeth may be expected. Apply an icepack to the face, if directed, 10 minutes on and 10 minutes off for the next 24 hours. DO NOT use heat. It usually takes from three to ten days for the swelling to recede.

6. *Starting tomorrow brush the rest of your teeth as usual. DO NOT brush the teeth covered by the dressing.

7. *Starting 24 hours after surgery, rinse 4 to 5 times a day (1/2 teaspoon of Epsom salt in 8 ounces [1 full glass] of warm water). Also, after 48 hours, rinse with Peridex twice a day (morning and evening) if it is prescribed. It is extremely important for healing that the mouth be kept CLEAN.

8. Try to eat on the side opposite the dressing. AVOID foods that are hard, hot, spicy salty, pop-

corn, peanuts, seeds, rice, crusty bread, pretzels, and any food that will get caught between your teeth. Dilute citrus juices with an equal amount of water.

9. If bleeding occurs, DO NOT RINSE. Place gauze saturated with a tea bag over the area and hold firmly for 10 minutes. Repeat every 10 minutes alternating a "tea" gauze (10 minutes) and a dry gauze (10 minutes) until bleeding stops.

10. *Aspirin and Vitamin E may be resumed one week following surgery.

11. Confirm with Dr. Froum before making any travel arrangements.

List of Soft foods to eat after surgery:

- Mash Potatoes
- Fish
- Ice Cream
- Yogurt
- Ground Meat
- Soft Breads/No Crust
- Butternut Squash
- Puree Vegetables
- Soups (warm or cold)
- Pasta (no red sauce)
- Smoothie
- Eggs
- Cottage Cheese
- Baby Food
- Cereal (ie oatmeal, wheateana)



SCHEDULING

Call
212.586.4209

at your earliest convenience to schedule an appointment.

Office Hours

Monday: 10AM - 7PM
Tuesday: 9AM - 6PM
Wednesday: 9AM - 7PM
Thursday: 9AM - 4PM
Friday: 8AM - 4PM

Address

17 West 54th Street, Ste. 1C/D
New York, NY 10019

We are located between 5th and 6th Ave.
across from the Museum of Modern Art
(MOMA) Sculpture Garden.

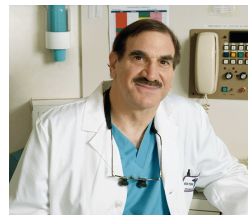
The office is in short walking distance from the
following MTA subway lines:



OTHER SERVICES

Stuart J. Froum, DDS also provides consultations and treatment for:

- Smile Makeovers
- Periodontitis (gum disease)
- Gum Recession & Bone Loss
- Dental Implants (single or multiple)
- Laser Procedures



Stuart J. Froum DDS, PC
Periodontist, Implant Specialist

Diplomate of the American
Board of Periodontology

Diplomate of the International
Congress of Oral Implantology
Periodontics & Implant Dentistry

Clinical Professor and Director of
Clinical Research Department of
Periodontology & Implant Dentistry
at New York University College of

**If you have any questions or
emergencies, we have a 24-hour
answering service. 212.586.4209**

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Stuart J Froum, DDS, PC
17 West 54th Street, Ste. 1C/D
New York, NY 10019
Tel. 212 - 586 - 4209
www.drstuartfroum.com
e-mail: dr.froum@verizon.net