

# Post Operative Instructions for Osseous Surgery

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**Periodontics and Dental Implants**

1. Avoid rinsing for the rest of the day. You may begin rinsing **gently** within 24 hours.
2. **NO** smoking. **DO NOT** use a straw.
3. Strenuous exercise should be avoided until the sutures are removed.
4. Chew food on the **opposite** side of the surgical site. Avoid hard and/or crunchy foods.
5. Occasional swelling can occur. Apply ice packs as needed at 15-20 minute intervals for the first 48 hours.
6. If an antibiotic is prescribed, take according to the directions on the bottle until all of the capsules (tablets) are finished.
7. Analgesics for post-operative discomfort are recommended for the first 48 hours (can be taken longer)

**Ibuprofen** (example: Advil, Motrin) 400mg

**Acetaminophen** (ex. Tylenol) 500mg

\*\*\*Can be taken at the same time (every 4-6 hrs)\*\*\*

8. You may be prescribed additional pain medication by Dr. Havrilla
9. Use the prescribed mouthwash by pouring a small amount into the lid, dip the red toothbrush and gently paint the mouthwash on the teeth involved. Use the red brush until you return for post-op check, continue your usual oral hygiene with the rest of your teeth.
10. If you have packing/dressing placed over surgical site, it is okay if it falls off. You may experience bad breath while the packing is in place.
11. If you have any questions or concerns, you may call the office at (610)328-9608 or Doctor can be reached on his cell phone at (484)716-3403, he will return your call as soon as possible.

\*\*\*We encourage our patients to contact us with post operative concerns.  
PLEASE DO NOT WAIT!

Copies of our instructions are also on our website

[www.JJHPerio.com](http://www.JJHPerio.com)

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