

BRIGHTON DENTAL

Implants. General Dentistry. Restorations. Surgical Referrals.



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APICO SURGERY POST-OPERATIVE INSTRUCTIONS

Swelling

To reduce swelling, an ice bag or chopped ice in a moist towel should be applied to the surgical area. This should be done in 20-minute intervals, twenty minutes *on* and twenty minutes *off* for 4-6 hours after surgery. You can expect swelling and bruising over the next 48 hours.

Bleeding

Do Not Over Exercise. Exercise causes your heartbeat and blood pressure to rise and can increase bleeding. *Following surgery some bleeding is to be expected.* It is important to remember that when blood and saliva mix it may look like a lot of blood, but in reality this is normal right after surgery. *If persistent bleeding occurs when you return home please call the office.*

Pain

For mild to average pain use Ibuprofen, 600mg, three (3) times a day. For more severe pain take your prescribed medications as directed.

Diet

A soft diet is advised during the first 24-48 hours.

Rinse

Do Not Rinse Today. Tomorrow, rinse your mouth gently every 3-4 hours, especially after meals. Use ¼ teaspoon of salt to an 8-ounce glass of warm water. Continue rinses for 3-4 days.

Care

Brush and floss using extra caution in surgery area. Do not floss where sutures are placed.

NOTIFY THE DOCTOR IF ANY OF THE FOLLOWING OCCUR:

- If pain or swelling increase after 3 days.
- If sutures become loose or dislodged before 3 days.
- If you have any symptoms which may indicate an allergic reaction.
- If your body temperature becomes higher than 100 degrees taken orally.

PLEASE notify the office if you have any questions – *we are concerned with your recovery.*

You can contact Dr. Thomas at home (248) 676-2146 or cell (313) 530-8833