

Bay Area Periodontics & Dental Implants

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Post Operative Instructions

SWELLING

Ice packs, 15 minutes on, 15 minutes off (for the first few hours), place on the area(s) of the face corresponding the surgical site(s) will help control the swelling.

FEVER

You may experience slight fever or chills. Do not be alarmed unless it persists for more than 24-hours. Please give the doctor a call if it rises above 101° degrees.

BLEEDING

Some slight bleeding or oozing from the surgical site is normal. However, if continued bleeding occurs, moisten gauze pads or tea bags and place on the cheek side and one on the tongue side of the site and apply continuous, firm pressure on the areas for 10-minutes **WITHOUT** removing them to check it. If that does not work and the bleeding persists, then please give the doctor a call at once, day or night.

MEDICATIONS

Pain medication, an anti-microbial mouth rinse and sometimes antibiotics will be prescribed.

PLEASE TAKE MEDICATIONS AS DIRECTED.

ORAL HYGIENE

In the area of the surgery, brush the chewing surfaces of your teeth gently as often as you normally would and rinse your mouth with water after meal. In the part of your mouth where no surgery was done, clean those teeth as you normally do. Please follow the rinsing instructions carefully. Remember that wound heal better when they are kept as clean as possible.

WHAT CAN I EAT?

Start with liquid or very soft food for the first day or two, gradually progressing to harder foods after that. Some suggestions for the first day:

Ice cream	Yogurt	Egg Salad
Jello	Fruit Juices (Non-Acidic)	Soups
Popsicles	Pudding	Ice Tea
Milkshakes	Malts	Canned fruits (peaches, pears)

AVOID

Avoid all items such as the following: popcorn, nuts, chips, taco shells, seeds and other hard, small food that could work its way under the gum. Also avoid highly seasoned foods, tart fruit juices or alcoholic beverages. No straws - No Baking Soda - No Peroxide - No Salt Water These may cause some discomfort temporarily.

SOME SUGGESTIONS FOR "FIRMER" FOODS

Warm cereals (Oatmeal or cream of wheat)

Eggs

Spaghetti with meat sauce

Soups and stews

Vegetables such as the following: soft beans, peas, carrots, cream corn, potatoes, squash

YOUR NEXT APPOINTMENT

Your next appointment will be in the next 7-14 days to remove your sutures (if they are not the dissolvable type) and to check your healing.

THIS IS A VERY IMPORTANT APPOINTMENT!

FOR PATIENTS THAT HAVE DRESSING

If a dressing is placed, it should remain in place for at least a few days. However, if it comes out, don't worry about it unless you feel uncomfortable. Don't hesitate to call the doctor if you are uncomfortable with or without dressing.

QUESTIONS

If you have any questions, please feel free to contact the office at (281) 486-6905. If it is after office hours, you can page Dr. Hailey by dialing (281) 414-1304 or Dr. Abramian (832) 723-4895.