



Precision Implant Care

## POST-OPERATIVE INSTRUCTIONS

Following dental surgery it is normal to experience some discomfort take all medications as instructed. All medications should be taken with food unless otherwise instructed. Some Medications can produce allergic reaction or side effects PLEASE CALL 911 IMMEDIATELY IF THIS OCCURS. If you experience breathing difficulties please call 911.

### PERScription MEDICATION:

#### **PAIN PREVENTION:**

PREDNISON: 10mg 1 pill twice a day for 3 days

PERIDEX: Apply to the surgical area 3 times a day with a cotton ball or gauze pad. *DO NOT USE AS RINSE*. Start use day after surgery.

MOTRIN (Ibuprofen, Advil): 600mg 1 pill twice a day for 3 days AND every 6 hours as needed for pain

TYLENOL EXTRA STRENGTH: 2 pills every 4 hours as needed for pain

#### **FOR SEVERE PAIN:**

VICODIN/NORCO/PERCOCET: 1 pill every 6 hour for severe pain.

#### **FOR INFECTION:**

AMOXICILLIN: 875mg 1 pill, twice a day for 7 days

AUGMENTIN: 875mg 1 pill, twice a day for 7 days

If allergic to penicillin:

ZITHROMAX (z-pak): 250mg take 2 pills on first day then 1 pill a day for 4 days

CLINDAMYCIN: 300mg 1 pill every 6 hours

#### **FOR SINUS PROCEDURE:**

FLAGYL: 250mg 1 pill, 3 times a day for 7 days. DO NOT DRINK ALCOHOL WHILE TAKING THIS MEDICATION.

OVER THE COUNTER SINUS MEDICINE (Ayr, Sudafed/Dimetapp): Prescribed after sinus surgery.

### **Contact Information**

For EMERGENCIES CALL: Dr. Mikhli @ 347-927-6789 or Dr. Eisenberg @ 347-674-5666

ON FRIDAY NIGHT, SATURDAY AND ALL JEWISH HOLIDAYS CALL: Dr. Steven Lee @718-888-9366

NON EMERGENCY CALL THE OFFICE @ 718-376-9600 AND LEAVE A MESSAGE

### **GENERAL INSTRUCTIONS:**

1. **AVOID** strenuous physical activity and smoking for the first 48-72 hours following the procedure.
2. Start the prescribed medications immediately and AVOID all alcoholic and carbonated beverages.
3. The pain medications prescribed for you may cause drowsiness and impair your ability to drive and perform delicate tasks. Avoid all activities requiring your full, alert attention while on pain medication.
4. Be sure to drink plenty of fluids during the healing process.
5. **ICE FOR SWELLING:** apply ice to surgical area within 20 minutes of procedure to the surgical side of face, INTERMITTENTLY, during the first 48 hours. If swelling persist after 48 hours use hot wet compress.
6. **BRUSHING:** on the first day of brushing do not brush, spit, or rinse. It is normal to see a pinkish color in your saliva; gently swallow or wipe away. The day after surgery you can brush everywhere EXCEPT the surgical area. You can begin using the PERIDEX on the surgical area for up to a month.
7. **DENTURES OR FLIPPER:** if you are wearing a removable denture or flipper please leave it in for 24 hours following the surgery. If you remove and swelling occurs you may not be able to put back on until swelling subsides.
8. **DIET AND SLEEPING:** you are advised to eat and drink after surgery as you are taking medication. Stay on a soft diet, be careful to avoid spicy and crunchy foods. Caution should be taken when eating hot food as you will be numb for a few hours and may not feel the burn. When sleeping raise your head on 2 pillows, lying flat can cause throbbing of the surgical area.

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Brooklyn, NY 11229  
(718) 376-9600 Phone  
(718) 376-4204



## Precision Implant Care

### DETAILED INSTRUCTIONS:

- 1. Oral Hygiene:** Unless specifically instructed not to, on the day following surgery, light, gentle brushing of the teeth involved in the surgical area should be started. Please use a soft or extra soft toothbrush only. Frequent gentle rinsing of the mouth with warm saltwater (1-2 teaspoon(s) salt in glass of water) AFTER the first 24 hours will aid in the healing process, and will help keep the mouth clean. *If prescribed, utilize the bacterial liquid (PERIDEX) three times daily with a cotton ball or gauze pad DO NOT RINSE and avoid eating or drinking for 20 minutes after each application. This should be used day after surgery.*
- 2. Discomfort:** Following all types of surgery, a certain amount of discomfort is anticipated. If pain is not adequately controlled by the prescribed medication(s), or persists for a prolonged period of time (5 days or more), please contact the office. Pain medication is prescribed to alleviate discomfort during the initial healing period. However, patients may elect to not take this medication at all, reduce the frequency or dosage, or substitute the prescribed pain medication with over the counter medications, such as *Tylenol, Ibuprofen (Advil, Motrin), or Aleve.*
- 3. Swelling:** A slight amount of swelling and discomfort is not unusual following most oral surgery and usually disappears within 2 or 3 days. The use of cold compresses gently applied to the area of surgery for 5 to 10 minutes every 30 minutes (DURING THE FIRST 24-48 HOURS) will help to control the post-operative swelling and discomfort. IF SWELLING PERSISTS, apply moist heat (warm washcloth or hot water bottle). If swelling continues after 2 days, or interferes with swallowing, please call the office.
- 4. Bleeding:** Some bleeding or oozing may stain your saliva. If the bleeding is excessive, like a nose bleed, for more than 5 minutes, 2 hours after your procedure, continue to bite on gauze. AVOID exertion, lie down with your head elevated at least 30 degrees (two pillows) and call the office.
- 5. Fever:** A slight fever or chills may occur. It is of no consequence unless it persists more than 24 hours. A persistent low grade temperature or one above 102 degrees should be reported to our office.
- 6. Diet:** Take in fluids immediately and avoid chewing on the operated area of your mouth. Soft foods can be eaten until you feel ready to return to your regular diet. The following require little pressure to chew and provide the necessary nutrients: protein shakes, bananas, cooked fish, cereals, pasta, mashed potatoes and whole grain soft breads. You should continue your usual vitamin supplements. Returning to your normal diet and proper calorie intake will promote faster healing.
- 7. Special Medications:** If you are taking other medication prescribed by your physician, be sure to inform your doctor and continue taking them as usual unless otherwise directed. Antibiotics or other medication(s) may be prescribed for you, please take these as directed on the label(s). Antibiotics especially need to be taken as prescribed and one should complete the full regimen as given. Female patients should also be aware that some antibiotics may interfere with the effectiveness of certain oral contraceptives.
- 8. Specific Post Implant Placement Instructions:** Following your surgical procedure, extreme care should be exercised in avoiding placing any biting pressure on the implant or implant site(s), no matter how light the biting force. If a removable prosthetic appliance was placed, it should not contact the implant or tissue in the area of the implant placement AT ALL. If a temporary was placed on the implant immediately, all biting contact with or without food should be avoided. If you feel any contact on the temporary when your teeth come completely together, please contact the office immediately and schedule an appointment right away. Premature pressure on an implant prior to three months of healing may result in implant failure and/or healing complications

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## Precision Implant Care

### **Foods You May Eat While Wearing Temporary Crowns, Bridges or Dentures:**

- Hearty soups (cream of asparagus, lentil, minestrone, split pea )
- Juices (white cranberry, apple, ), avoid citrus juices for a few days
- Herbal Tea
- Jell-O
- Yogurt (soft or frozen )
- Cottage Cheese
- Pudding/Custard, Rice Pudding
- Soft fruits (banana, papaya, canned peaches or pears-must cut in small pieces)
- Applesauce
- Popsicles
- Ice cream and milkshakes
- Fruit smoothies/protein shakes, Ensure
- Oatmeal/cream of wheat
- Eggs (scrambled, soft boiled, egg salad)
- Mashed Potatoes
- Rice, Risotto
- Tofu
- Pasta (plain or with sauce)
- Macaroni and Cheese
- Sloppy Joes meat prepared
- Fish, Tuna (soft white fish, sole, trout)
- Meatloaf or Meatballs
- Fresh cooked Vegetables, spinach, broccoli, cauliflower, green beans etc. (must be cooked and soft)

### **Please AVOID the following foods until your permanent teeth are placed:**

- Spicy Foods
- Food with small seeds- i.e. raspberries
- Foods that are difficult to chew (steak, poultry, deli meats)
- Popcorn, pretzels, potato chips
- Crusty breads, bagels, cookies, pizza
- All red wines- white wine is ok
- All chewy candy or gum
- Avoid food with color, blue berries, red wine, red juices, coffee/tea as these will stain your temporary teeth.

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