

CARE OF YOUR MOUTH FOLLOWING PERIODONTAL/IMPLANT SURGERY

- Take any medications prescribed for you by Dr. Ghiabi as directed.
- Place an ice pack on your face for 3-4 hours (10 minutes on, 5 minutes off).
- If you have a surgical stent, wear it continuously for 24 hours after surgery. After 24 hours, you may wear the stent only when not eating.
- Stay on a soft diet for 2 weeks after surgery.
- Do not drink through a straw.
- Drink plenty of water.
- Do not drink hot liquids for 24 hours after surgery.
- Do not rinse your mouth for 24 hours after surgery. After that, you can rinse with warm salt/water (2 tea spoon salt in a cup of water) 2-3 times a day.
- Do not smoke for 2 weeks after surgery.
- Do not brush your teeth in area of surgery until stitches are removed. You may brush the remaining areas.
- Do not eat crunchy food (like popcorn and nuts) for 6 weeks after surgery.
- Do not exercise strenuously for 1 week after surgery.
- Do not swim for 6 weeks after surgery.
- Some swelling may occur on the first day of surgery and is normal. Swelling beginning 3 or more days after surgery is not normal.
- Minor bleeding may occur on the first day of surgery and is normal.
- Some pain following surgery is normal. However, excessive pain and discomfort beginning 3 or more days after surgery is not normal.

TO SPEAK WITH A STAFF MEMBER DURING REGULAR OFFICE
HOURS, PLEASE CALL 902-407-7377.

**IN CASE OF AN EMERGENCY, PLEASE CALL DR. GHIABI AT
902-488-4292**