

General Instructions

It is common for swelling to occur following surgery. To help minimize the swelling, apply ice to the side of the face where the surgery was performed. Apply for 10 minutes, remove for 10 minutes and apply again for an additional 10 minutes. You may do this sequence as much as possible in the first 72 hours after surgery, waiting an hour in between each sequence. Patients typically see an increase in swelling on day 3, with steady improvement in the days that follow. Moist heat can be applied to further aid the reduction of swelling after the initial 72 hours.

A small amount of bleeding or oozing can be expected during the first 24 hours. Firmly apply gauze or a small black tea bag moistened with cold water to the area and hold with firm pressure for 45-60 minutes. Repeat, if necessary. Sit upright, propped with pillows at an angle of at least 45 degrees. Avoid spitting and gently wipe off any blood clots. If bleeding is excessive or continuous, please call the office or Dr. Kivus directly at (205) 569-6878 for additional instructions.

Please fill and take all medications as directed. Take your first dose of pain medication when you get home, before the local anesthesia wears off. We advise you NOT drive an automobile or work near dangerous or heavy machinery for 48 hours after taking narcotic or being IV sedated, as the drugs may groggy or delay your reflexes. Also, avoid alcoholic beverages.

General Instructions (continued)

Antibiotics may be given to help prevent infection. If an antibiotic has been prescribed, please take the entire prescription as directed. Taking a probiotic when taking an antibiotic may have a beneficial effect on your stomach and gut. If you develop a rash or have an unfavorable reaction to the antibiotic, discontinue and contact the office or Dr. Kivus directly. If you experience an adverse reaction and you feel it is an emergency, call 911.

Prescription mouth rinses can be started 24 hours after your procedure. Use the rinse twice a day. DO NOT SWISH OR SPIT. Hold the rinse at the surgical site for 60 seconds, then gently let drop from your mouth without spitting. Do not use other mouth rinses or warm salt water until directed by Dr. Kivus. DO NOT BRUSH THE SURGICAL SITE. You can brush the other areas of your mouth and your tongue.

If sutures become loose or bothersome, do not pull on or cut them. Contact the office for instructions. If a periodontal pack is placed on the surgical site, please make all efforts to not dislodge the pack. It is common for the pack to fall out in small piece before your follow-up appointment.

DO NOT smoke, use other tobacco products, e-cigarettes or nicotine substitutes for a minimum of 2 weeks.

Please refrain from physical activity for 3 to 7 days following your surgery. It is best to not elevate your heart rate during these initial days of healing.

It is important to attend all scheduled post-operative appointments to assure proper healing. Your first post-operative appointment will be scheduled 7-14 days following your surgery.

Nutrition After Surgery

Stay hydrated. Drinking plenty of water during the days following your surgery helps the tissues heal.

DO NOT drink through a straw or a water bottle that has a top that requires suction, as the pulling action can disrupt healing, open the surgical site or cause an increase in bleeding.

DO NOT eat hot, spicy or acidic foods. DO NOT eat popcorn or nuts. Do not eat food with seeds or small grains. These foods can irritate, damage or infect the surgical site.

A proper diet is essential to healing. SOFT FOODS are recommended until you return for your first post-operative visit. A general rule of thumb for soft food is: "it can be mashed with the tines of a fork."

Below are some examples of soft foods.

- Bananas
- Applesauce
- Ripe fruits (i.e. pears, peaches, melon)
- Yogurt
- Eggs
- Nut Butters
- Oatmeal
- Steamed vegetables
- Mashed potatoes or sweet potatoes
- Avocado
- Grilled or broiled fish
- Ground or tender meat
- Cottage or soft cheese
- Beans
- Hummus
- Protein Shakes
- Smoothies
- Pudding
- Ice Cream

Gingival (Gum) Grafting Procedures

During the initial stages of healing, it is important the gum graft does not move.

DO NOT swish or spit.

DO NOT rinse.

DO NOT brush the surgical site.

DO NOT pull on your lip to view the graft.

DO NOT bite into food.

DO NOT remove loose or bothersome sutures.

DO NOT hit the site.

Extraction & Bone Grafting

It is common for some of the bone particles to migrate out of the graft. The particles feel like small grains of sand or sea salt. It is okay if you swallow these particles.

We may place collagen over the extraction site to help stabilize the bone graft. The collagen is white. If lost after 3 days, it is not a concern, as the healing is far enough along.

Sinus Augmentation

It is imperative to take the antibiotic as prescribed, as there is a high risk of infection in the sinus. We may also instruct you to take an OTC decongestant (i.e. Sudafed®) for 3-5 days as directed and use Afrin® nasal spray twice a day for 2 days.

DO NOT blow your nose and try to keep your mouth open if you sneeze.

Dental Implant Placement

You may experience a dull, achy pain for up to a week. If you experience a sharp, shooting pain or altered sensation, please contact the office so we may help you with the discomfort.

After your crown has been delivered, please contact the office to set up an appointment. We will review home care, demonstrating how to clean around your implant.



designing your healthy, beautiful smile is our goal

Post-Operative Instructions

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