



Periodontics & Implant Dentistry

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Post Operative Instructions

Please take the time to read these instructions following your treatment today as it will help you to understand what to expect following your procedure. These instructions are to serve as a general guideline for your use following surgery, however if you have questions please feel free to email Dr. Kang at tkperioddds@gmail.com or Dr. Suzuki at kvnsuzuki@gmail.com. If you feel as though you are having an emergency please contact Dr. Kang at (425) 577-9570 or Dr. Suzuki at (484) 213-0380.

Today the following procedure(s) was completed for you:

Tooth Removal	Bone Graft Placement	Membrane Placement	Dental Implant Placement
Sinus Elevation	Second Stage (uncovery)	Scaling and root planing	Gingival Grafting
Frenectomy	Biopsy	Crown Lengthening/Osseous Surgery	Gingivectomy

Immediately following your treatment you will remain numb or partially numb for up 4 hours. This will depend on the amount of anesthesia given as well as your individual body metabolism. During this time please avoid chewing as you may inflict harm on the surgical site or to other oral structures such as your lips or tongue. It is very important to avoid "playing" with sutures or the surgical area in general with your fingers or tongue, this can cause premature loosening of sutures and exfoliation of dressings.

Following any surgical procedure the following is considered normal: moderate (sometimes severe) discomfort for up to 72 hours following treatment. Bleeding that may continue for several hours following treatment. If you take medications which thin the blood such as Coumadin, warfarin, aspirin, ibuprofen or certain supplements like those high in Omega-3 you are more likely to have slightly more swelling, bleeding, bruising and discomfort. It is important to note that a small amount of blood mixed with saliva will often look like a large volume of fluid; gentle pressure with gauze will usually help stop this bleeding. If you have run out of gauze a dry tea bag can also be used as the caffeine will often help slow bleeding.

Sensitivity of teeth or other oral structures is also not uncommon following treatment. You may have jaw soreness as a result of keeping your mouth open for an extended period of time as well. Sensitivity can be as a result of biting pressure, temperature (hot/cold) or oral appliances that have been fabricated for you. Most of the time, pain or sensitivity following treatment is associated with plaque accumulation so if you have been instructed, maintain gentle plaque control measures in the area where treatment was completed.

For certain types of procedures the development of swelling following surgery is unavoidable. Those procedures lasting less than fifteen minutes are not usually associated with swelling. Those lasting 15-45 minutes may be accompanied by mild-moderate swelling. Those lasting 45 minutes to 90 minutes may be accompanied by moderate swelling and those lasting longer than 90 minutes may have significant swelling that persists for three days or more. As long as you are not feverish (above 102 degrees for 24 hours) there is generally no need for concern. Take your medications as they have been prescribed to you. If you have problems with the medication please discontinue their use and email Dr. Kang or Dr. Suzuki. Swelling can be minimized by the application of cold packs to the outside of the face where surgery was completed. Ice water can also be held in the mouth (if tolerable) to help minimize swelling.

Smoking It is extremely important that you avoid cigarette smoking following treatment. Cigarette smoke inhibits normal healing and can result in the failure of treatment. Following the manipulation of gum tissue, jaw bone and teeth smoking will constrict the capillaries that are necessary for the delivery of vital nourishment to the area following surgery. The most critical period of time is the first three days following treatment and one week if bone grafting, dental implant placement or sinus elevation was completed.

Sinus Lift/Elevation If you have had a sinus lift completed you are required to use an antihistamine for a period of two weeks in addition to your other medications following the procedure. Avoid sneezing or nose blowing during this time. You may experience slight nose bleeds during the first two days and this is considered normal.

