

## ***Implant & Periodontal Associates NW***

### **PERIODONTAL TREATMENT INSTRUCTIONS**

#### **REST:**

Rest with head elevated for the remainder of the day. Get up slowly to avoid dizziness. Limit physical activity for the first 48 hours, then let comfort be your guide.

#### **Swelling:**

Apply an icepack over treated area for the first 24 hours; 20 minutes on and 20 minutes off. Warm, damp towel may be applied 3 DAYS AFTER procedure to help reduce swelling. Swelling may occur but if it increases after the 4th day please call us at our office.

#### **Medication:**

If prescriptions were provided, please follow instructions printed on label of prescriptions.

#### **Bleeding:**

Avoid using a straw, rinsing or spitting for 24 hours (this may cause bleeding). Some bleeding is expected; however, extensive bleeding should not occur. If such bleeding should occur, apply firm pressure with moist gauze for 20 minutes (gauze provided in bag given at time of surgery).

#### **Home Care:**

Begin brushing and flossing the NON-TREATED area the day AFTER procedure. Begin brushing TREATED area 2 weeks AFTER procedure using soft, black bristled toothbrush given at time of surgery. You may use regular toothbrush and gently floss AFTER 4 weeks.

#### **Diet:**

Eat cold, soft foods while still maintaining a well-balanced diet for the first 48 hours. Avoid extremes: Very hot, acidic, spicy foods and/or liquids. Avoid these for 72 hours then let comfort be your guide. Also avoid very hard, crunchy or sticky foods: nuts, seeds, popcorn. Avoid these items for 4 weeks. Drink plenty of fluids for the remainder of the day.

#### **Alcohol/Smoking:**

If taking prescription pain medication avoid alcohol until you are no longer taking pain medication for discomfort. Alcohol is a blood thinner and may cause bleeding and delayed healing to the surgical site. Avoid smoking tobacco/non-tobacco for at least 3 days after surgery. Smoking delays healing, increases discomfort, and may encourage bleeding and infection at the procedure site.

### **IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE CALL US AT:**

**Kenmore Office (425) 486-9111**

**For a true dental emergency please call:**

**Dr. Tarleton on his cell phone at (425) 343-6485**

**Dr. Easley on her cell phone at (480) 256-2158**