

**Dr Saeid Malboubi**  
**Periodontist**  
**Diplomate**  
**Call or text# (510)516-0027**  
**Email: [californiaimplant@gmail.com](mailto:californiaimplant@gmail.com)**

**Dear valued patient:**

***This document is to provide you with all necessary information regarding the post operative instruction after your surgery/treatment with Dr Malboubi. Should you have any questions or concerns please call/text or email us at anytime and we will address your needs.***

***By signing this document you are giving the consent that you were provided the full Post Op Instructions as well as ways to reach out to dr malboubi in case of any emergency questions or concerns. I understand that it is my responsibility to call my Dr or the office I was treated in to ask for help or get any questions I may have. signing this document testifies I have asked all my questions and fully understood the answers given to me.***

**Patient name:**

**Date:**

**Signature:**

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## **POST OPERATIVE INSTRUCTIONS**

Care should be taken in the immediate postoperative period to minimize contact with the implant or the surgery area. Aside from normal hygiene, it is best to completely leave the implant or the surgery area alone for the first 2 weeks after placement. Use 2 pillows for the first 3 nights. You may want to limit foods to softer items and chew in an area away from the implant during the 10 to 12 week integration stage.

### **Bleeding**

Minimal bleeding is expected after implant surgery or the surgery . Bleeding after surgery may continue for several hours. The best way to stop bleeding is to fold 2 pieces of damp gauze over the extraction site and gently bite for 30-60 minutes making sure pressure is being applied to the extraction site. Rest quietly with your head elevated. If bleeding continues, use gauze for an additional 30 minutes. Bleeding should always be evaluated by looking directly at the surgical site. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem. Suture material may last 2 to 3 days and should be left alone. You will be asked to return to the office for a 2 week follow-up appointment. Any sutures remaining at that time may be removed at the surgeon's discretion. Do not pull or cut the sutures yourself.

**Keeping your head elevated above your heart will also help. Most swelling can occur in the morning and up to 3 days after surgery. Avoid sleeping/laying on the side that surgery was performed. ! Two days after surgery, moist heat will help resolve minor swelling. Major swelling should be reported to the doctor at once.**

## **Swelling**

Swelling is the body's normal reaction to surgery and healing. The swelling will not become apparent until 24 hours after surgery and will not reach its peak for 2-3 days. After this time, the swelling should decrease but may persist for 7-10 days. Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24 hours. After 48 hours, begin use of a warm, moist compress to the cheek.

## **Medication / Pain**

Unfortunately, most oral surgery is accompanied by some degree of discomfort. If you do not have an allergy to non-steroidal anti-inflammatory medications (Ibuprofen, Motrin, Advil) we recommend taking this prior to the local anesthetic wearing off. More severe pain may require a narcotic pain medication. Narcotic pain medication will make you drowsy, do not drive or operate mechanical machinery while taking the prescription. Alternate Ibuprofen (2 tablets / 200mg each) and the narcotic medication every two hours if needed. Once you feel like you can stop the narcotic, use Ibuprofen or Tylenol. You may also be prescribed an antibacterial mouth rinse which should be used twice daily in the first two weeks following implant surgery or any surgery area.. All medications should not exceed the recommended dosage.

**\*NOTE: If you are taking PLAVIX or COUMADIN, do NOT take Ibuprofen or Aspirin products.**

## **Diet**

After General anesthetic or I.V. sedation or local anesthetic, start with liquids. While numb, patients should avoid hot liquids or foods. Patients may have applesauce, pudding, or jello. Once numbness wears off patients can progress to solid foods, chewing away from the surgical sites.

## **Oral Hygiene**

The best way to prevent infection and ensure healing is to keep your mouth clean. Clean your mouth thoroughly after each meal beginning the day after surgery. Use a soft bristle toothbrush and toothpaste after meals and at bedtime. Should bleeding resume after brushing, repeat the use of gauze as described above. Use salty water ( 1 teaspoon salt in 1 standard size water bottle) to rinse after each eating.

## **Activity**

For the first 48 hours you should rest and relax with no physical activity. After 48 hours, you may resume activity as tolerated. Healing Bad breath is common and will disappear as healing occurs. Two to three days following surgery, white, possible hard tissue may be seen in the surgical site. This signifies normal, healing tissue. It's not unusual to see the silver healing cap appear through gum tissue following procedure.

## **Avoid the following**

Do NOT blow your nose for the first week after treatment (Use q-tip to clean your nostrils)

Do NOT use straw for the first 2 weeks.

Do NOT swim for the first 2 weeks, pool water can irritate and cause infection

Do NOT smoke for 14 days

Do NOT Lift heavy objects

Do NOT eat with the side that was treated for first 2 weeks.

Do NOT use your regular brush for the area that was treated( use soft bristle brush)

## **Antibiotics**

If an antibiotic is prescribed, take the tablets or liquid as directed. Take the entire prescription until gone. Antibiotics can be given to help prevent infection. Make sure to call the office if a rash or other unfavorable reaction occurs.

**Do NOT Drink nor Eat While Numb, AVOID carbonated beverages and hot liquids for 48 hours**

### **Drink: Eat:**

Water Applesauce Juice Jell-O Ice Chips Pudding Popsicles Yogurt Milkshake (no straw) Add Soft Foods When Numbness is Gone Mashed Potatoes Pasta Eggs Pancakes Creamed Cereals Soups (be careful-not too hot) Increase Diet as Tolerated Other Considerations Your surgeon will notify you and your dentist when your implant is ready for restoration; typically 10 to 12 weeks following implant placement.

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## **Soft Tissue Graft Post-Operative Instructions**

**Do NOT eat anything until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause damage.**

You will probably have some discomfort when the anesthesia wears off; take your non-aspirin pain medication(s) as directed, whether it is prescribed or over-the-counter.

### **Medications:**

Please take Ibuprofen or Advil 800 mg (equal to 4 tabs of over-the-counter Ibuprofen or Advil) every 4-6 hours for the next 3-5 days. ! Please take it as instructed, whether the area hurts or does not hurt!!! !

Do NOT exceed 1200 mg (6 tabs) in a 24 hour period!!! AND/OR (You may alternate Ibuprofen and Tylenol pain medications for better pain coverage) ! Please take Extra Strength Tylenol 1000 mg (equal to 2 tabs of over-the-counter Extra Strength Tylenol) every 4-6 hours for the next 3-5 days. ! Please take it as instructed, whether the area hurts or does not hurt!!! !

Do NOT exceed 3000 mg (6 tabs) in a 24 hour period!!! ! AVOID OVERDOSE! If and when you are taking Vicodin / Tylenol #3 / Percocet / Tramadol, please only take 1 tab of Extra Strength Tylenol.

These prescription medications contain Tylenol. ! You may have been given a prescription for a stronger pain reliever. This may be filled at any pharmacy if the over-the-counter pain medication does not relieve your discomfort. If Vicodin / Tylenol #3 / Ultram / Percocet is too strong, you can cut the pill in half.

**Please do NOT drive or operate heavy machinery while you are taking Vicodin / Tylenol #3 / Ultram / Percocet. Discomfort: Slight swelling of the operated area is not unusual.**

Chapped lips or bruising of the lips/cheek area may occur. ! A reusable ice bag or a frozen vegetable bag, wrapped in a soft towel, may be applied to the area of surgery to help minimize the swelling of your face. Alternating 20 minutes on and 20 minutes off will usually be adequate during the first 24-48 hours after surgery.

**Keeping your head elevated above your heart will also help. Most swelling can occur in the morning and up to 3 days after surgery. Avoid sleeping/laying on the side that surgery was performed. ! Two days after surgery, moist heat will help resolve minor swelling. Major swelling should be reported to the doctor at once.**

You may experience some tooth sensitivity after surgery, especially to cold. Sensitivity usually decreases within several weeks after surgery and can be minimized by keeping the area as free of plaque as possible.

If the sensitivity is extreme, contact the doctor for recommendations or medications to relieve the discomfort. " IF you are instructed to wear a clear appliance or an upper denture that covers up the roof of the mouth, **do NOT REMOVE it for 24 hours NO MATTER WHAT!!!** It may pool with blood, but leave it in there and just swoosh with Chlorhexidine rinse or lukewarm salt water. ! After 24 hours you are to wear it as much as you please, especially while you eat for your comfort.

### **Dressing:**

We may apply a periodontal surgical dressing to protect the surgical site and keep you comfortable. The dressing will harden in a few hours. In most cases the dressing is left in the mouth for a period of 7-14 days and may be changed once or more by the doctor during this time. Try to keep the dressing in placed until

your next appointment. If the dressing becomes loose or comes off, do not try to push it back.

Call our office to notify the doctor and receive further instructions. Maintain normal oral hygiene measures in the areas of your mouth not affected by the surgery. In areas where there is dressing, lightly brush only the biting surfaces of the teeth. ! Please chew on the opposite side of your mouth and try to avoid the dressing as much as possible. ! Be sure to keep your post-operative appointment to allow for removal of any dressings or sutures and to assess your healing!!!

### **Bleeding:**

Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours following surgery. Avoid extremely hot foods for the rest of the day and do NOT rinse out your mouth, as these will often prolong the bleeding. If bleeding continues, apply light pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 20-30 minutes without looking to see if the bleeding has stopped. (NO PEEKING!) Do not spit or rinse forcefully. If bleeding increases or occurs past the initial 48 hours, please call our office as soon as possible to notify the doctor and receive further instructions. Avoid any strenuous physical activity for the next 2-3 days to prevent or minimize severe bleeding.

### **Eating / Diet:**

Please follow a soft food diet, taking care to avoid the surgical area(s) when chewing. Chew on the opposite side and do NOT bite into food if the procedure was done in the front of the mouth. Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids. Avoid alcohol (even beer and wine) and smoking until after your post-operative appointment. Smoking is not advised during the 7-14 days following surgery.

### **Homecare:**

Maintain normal oral hygiene measures in the areas of your mouth not affected by the surgery. In areas where there is dressing, lightly brush only the biting surfaces of the teeth. After you have eaten or you have snacked, please use lukewarm salt water rinse 4-6X a day; 30 seconds of swooshing with each use. Vigorous rinsing should be avoided!

### **Starting tomorrow:**

Please use Periogard, Peridex, or Chlorhexidine mouth rinse 2X (morning and night) a day; 30 seconds of swooshing with each use. ! The doctor may recommend using a soft Q-tip or cotton swab with toothpaste to gently clean tooth surfaces in operated area ! Unless otherwise instructed, avoid flossing and regular tooth brushing of affected area Avoid:

- Please do NOT play with the surgery area with your fingers or tongue.
- Do NOT pull up or down the lip or cheek to look at the area and do not have someone else look at the area. Just LEAVE IT ALONE!
- Do NOT use a drinking straw, as the suction may dislodge the blood clot.
- Avoid extremely hot foods. Cold foods such as ice cream or shake are OK as long as you use a spoon.
- Avoid alcohol (even beer and wine) and smoking until after your post-operative appointment.
- Avoid sleeping/laying down on the side of the affected area

**Try to relax and practice the best oral hygiene possible and your healing should progress well. If you have any questions or concerns, please call the office number listed below:**

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