



CAPITAL CITY
PERIODONTICS & ORAL IMPLANTOLOGY

Post Therapy Homecare Recommendations

Taking proper care of yourself at home after therapy has been performed is a vital step in your healing and the success of your therapy. Please follow the steps indicated below.

1. Please make sure to eat after your procedure and prior to taking any medications to avoid getting nauseous or sick.
2. Please take the medication as prescribed following the directions as your pharmacist has recommended. Limit alcohol consumption; it may interfere with antibiotics or narcotics if prescribed.
3. Ice compressions are strongly recommended throughout the day of the surgery and 2-3 days after treatment. Apply the ice pack gently to the outside of the face in the general area of the surgery, and maintain the ice compressions as much as possible throughout the day. Swelling may last 4-5 days to several weeks.
4. Please use the oral rinse OR gel that has been provided to you to facilitate proper healing for 7-10 days post treatment.
 - a. **Oral rinse** instructions: please gently swish a cap full of the rinse in your mouth in the morning and evening for 40 – 60 seconds. **DO NOT EAT OR DRINK** anything for 20 minutes after rinsing.
 - b. **Oral gel** instructions: gently apply a pea size amount of gel on the tissue in the area treatment was performed with either a clean finger-tip or q-tip. **DO NOT EAT OR DRINK** anything for 20 minutes after applying the gel.
5. Avoid using straws, spitting, or chewing gum for 14 days. If treatment was performed in an isolated area please avoid directly chewing on or around the surgical sites for 14 days.
6. No usage of any tobacco / nicotine products for 48 hours post treatment. This includes the use of e-cigarettes and vapor products.
7. Sleep with your head elevated tonight. Place an extra pillow under your head; it is recommended to cover your pillow with a towel (just in case some spotting occurs). Try to sleep on your back to try to avoid any incidents while sleeping. Spot bleeding may last up to 2 days.
8. Oral Hygiene: **Do not use an electric toothbrush until notified by the doctor.** Please avoid brushing or flossing the surgery site(s) until notified. You may begin gently brushing your teeth immediately by rolling the toothbrush away from your gums.
9. Take care of the rest of your teeth; avoid the area where treatment was performed. Accidentally bumping a connective tissue graft could cause the stitches to become loose and the graft to move. The sutures will last 7-21 days and will dissolve on their own, unless otherwise noted and silk sutures are used. If a stitch breaks or becomes loose in the mouth, you may trim the loose strings. Do not pull the suture out. If unsure, please call the office to make a follow-up appointment. It is normal to experience sensitivity to both temperature and touch post treatment.
10. No vigorous exercising, heavy lifting, or any other activities that could cause your heart rate to become elevated for 2 weeks. These types of activities could cause bleeding at the surgery site or premature loss of stitches.
11. It is recommended that female patients who are prescribed antibiotics seek alternative birth control methods this menstrual cycle.

Additional procedure specific instruction(s) to be followed:

- Connective tissue grafts: Avoid eating sharp foods, i.e. chips, pizza crusts, etc. anything that could potential cut through the stitches, Avoiding biting directly into foods, especially fruits. Please cut them into smaller pieces and chew on the opposite side from the surgery site when possible.
- Bone Grafts: If a significant amount of small white particles becomes present in your mouth, please call.
- Gingivectomy: Avoid acidic and spicy foods like Buffalo wings, salty foods, tomatoes, and/or lemons. It could cause sensitivity in the gums.
- Sinus Lift: Blow your nose and sneeze with nostrils and mouth open, do not try to hold back sneezing.

In the case of a dental emergency after hours you may reach Dr. Murphy by calling: 614-591-0672.

If it is a life threatening emergency, please call 911 immediately.