

Bay Area Periodontics & Dental Implants

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Post Operative Instructions

SWELLING

Placing ice packs, 15 minutes on and 15 minutes off (for the first few hours), on the area(s) of the face corresponding to the surgical site(s) will help control the swelling

FEVER

You may experience a slight fever or chills following the procedure. Do not be alarmed unless it persists for more than 24 hours. Please give the doctor a call if it rises above 101 degrees.

BLEEDING

Some slight bleeding or oozing from the surgical site is normal. However, if continued bleeding occurs, moisten gauze pads or tea bags and place on the site with continuous, firm pressure **WITHOUT** removing them for 10 minutes. If bleeding persists, please give the doctor a call.

MEDICATIONS

Pain medication, antibiotics, and sometimes an anti-microbial mouth rinse will be prescribed. **PLEASE TAKE MEDICATIONS AS PRESCRIBED.**

ORAL HYGIENE

In the area of the procedure, brush the chewing surfaces of your teeth gently as often as you normally would being careful not to touch the gum tissue. Please clean all other areas of your mouth as you normally would. Remember that wounds heal better when they are kept as clean as possible.

WHAT CAN I EAT?

Start with liquid or very soft food for the first day or two, gradually progressing to harder foods after that. Some suggestions for the first day are:

Ice Cream	Yogurt	Egg Salad
Jello	Fruit Juices	Soups
Popsicles	Pudding	Ice tea
Milkshakes	Malts	Canned fruits

AVOID

Avoid all items such as the following: popcorn, nuts, chips, taco shells, seeds, and other small and hard foods that could work their way under the gum tissue. Also avoid highly seasoned foods, tart fruit juices, and alcoholic beverages. No straws – No baking soda – No peroxide – No salt water – and **NO SMOKING**
These may cause some discomfort temporarily.

SOME SUGGESTIONS FOR “FIRMER” FOODS

Warm cereals (oatmeal or cream of wheat), Eggs, Spaghetti with meat sauce, Soups and Stews, as well as vegetables such as: soft beans, peas, cream corn, cooked carrots, potatoes, and squash.

YOUR NEXT APPOINTMENT

Your next appointment will be in the next 7-14 days to remove any remaining sutures and to check your healing. **THIS IS A VERY IMPORTANT APPOINTMENT!**

FOR PATIENTS THAT HAVE SURGICAL DRESSING

If a surgical dressing is placed, it should remain in place for at least a few days. However, if it comes out, don't worry about it unless you feel uncomfortable. Don't hesitate to call the doctor if you are uncomfortable with or without dressing.

QUESTIONS

If you have any questions, please feel free to contact the office at (281)486-6905. If it is after hours you can reach Dr. Abramian at (832)723-4895. Please make sure to leave a detailed message and he will return your phone call.