



CAPITAL CITY
PERIODONTICS & ORAL IMPLANTOLOGY

*** For your surgical appointment we recommend that you park on the **5th Floor of the Huntington Center Parking Garage** in one of our patient reserved parking spots which are numbered **501, 502 or 503**. The reserved parking spots for CCP surgical patients have **YELLOW RESERVED** signs. Please look for the spots to be on the **RIGHT** as you are driving through the garage.***

The more prepared a dental patient is prior to therapy and having a realistic idea of what to expect after treatment will help the person to be more relaxed for their procedure. It is important to follow the dentist's postoperative instructions to allow for your healing to go as quickly and smoothly as possible.

All treatment appointments are chosen based on each patient's specific dental needs. Please be aware that we kindly request a 48 business hour notice for any surgical appointment change. A fee may be assessed if we do not receive sufficient notice of change.

Pre-treatment checklist of recommendations for all surgical procedures

- NO smoking or tobacco usage for 48 hours prior to treatment; tobacco negatively affects the level of comfort during the appointment.
- NO alcohol 48 hours prior to treatment; the dentist cannot safely treat you if you have had alcohol, narcotic pain medication, or any street or recreational drugs.
- NO caffeine 24 hours prior.
- Review and take ALL prescriptions medications (especially blood pressure medications) as directed. Unless you are given other specific instructions.
- Avoid any over the counter medications which may contribute to blood thinning for **one week prior** to your procedure, unless otherwise instructed including, but not limited to: Advil, Aleve, Aspirin, Celebrex, Feldene, Herbal Supplements, Ibuprofen, Motrin, Multi-Vitamins, and Nuprin.

Pre-treatment checklist if IV Sedation is being performed with your surgical procedure

- No eating or drinking for **6 hours** prior to the procedure. Take **all** prescription medications with a small amount of water (**especially blood pressure medications**).
- Notify us prior to treatment of **all** allergies including but not limited to: Fentanyl, Versed, or Phenergan.
- All diabetics taking Insulin, should take ½ the dosage of their Insulin in the morning of the dental appointment. Diabetic patients taking Insulin will have early schedule priority. Sugar level should be checked the morning of the appointment.
- Remember to remove any fingernail polish or unnatural nail covering.
- Please leave jewelry and watches at home.
- When possible please do not wear contact lenses.



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- **Wear short sleeves** and comfortable clothing. Bring a light weight button-up or zipper jacket or sweater. Wear comfortable shoes and socks. Please do not wear white or expensive clothing to your surgical appointment.
- It is essential that you have an escort who drives you to & from your appointment. **You will NOT be able to drive for the remainder of the day.** A blanket and pillow in the car is advisable for comfort on your return trip home.
- **For your safety, you must have someone with you at home for the remainder of the day to monitor you.**

Post Therapy Homecare Recommendations

The following is a list of GENERAL INSTRUCTIONS following treatment. These general instructions are designed to minimize your post operative discomfort and inform you of situations which may arise.

1. Ice compressions are strongly recommended throughout the day of the surgery and 2-3 days after treatment to help minimize swelling and bruising. Some swelling & bruising is normal after dental surgery. Apply the ice pack gently to the outside of the face in the general area of the surgery in 15 minute intervals, and maintain the ice compressions as much as possible throughout the day. Swelling is a part of the natural healing process and may last 4-5 days to several weeks.
2. Individuals with fair skin or who bruise easily may anticipate some discoloration of the skin in the area surrounding the surgical procedure(s).
3. Some minor bleeding or oozing is to be expected to slow and prevent bleeding, bite with light pressure on a gauze pad or frozen tea bag. Pressure should be applied in 15 minute intervals and repeated until the bleeding is controlled. Pressure will assist in the body's natural blood clotting process. Sleep with your head elevated the night after treatment. 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.
4. No usage of any tobacco / nicotine products for 48 hours post treatment. This includes the use of e-cigarettes and vapor products.
5. Avoid using straws and spitting for 14 days. The sucking action will cause a vacuum in the mouth and may dislodge the body's natural clotting process.
6. Please use the oral rinse that has been provided to you by our office to facilitate proper healing for 7-10 days post treatment. **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.
7. Oral Hygiene: **Do not use an electric toothbrush until notified by the doctor.** Please don't floss the surgery site(s) until notified. Avoid brushing the tissue in the area if gingival grafting was performed. However, be sure to continue to brush the tooth itself in order to try to keep the area as clean as possible. Brush the tooth/teeth by rolling the toothbrush **away** from the gum-line.
8. Take care of the rest of your teeth; avoid the area the where treatment was performed. 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 for approximately 1 month post treatment.



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9. No vigorous exercising, heavy lifting, or any other activities that could cause your heart rate to become elevated for 1 week. These types of activities could cause bleeding at the surgery site or premature loss of stitches. Wait 1 week before resuming or engaging in heavy athletics.

Post Treatment Medication

1. Prescriptions may be dispensed prior to treatment for your convenience. Please do not start medications until **after** treatment unless notified otherwise.
2. Please take the medication as prescribed following the directions as your pharmacist has recommended.
3. Consume adequate water while taking medications. This will help prevent nausea, an upset stomach, and expedite the medication's effects.
4. Post-treatment medications may include: A Medrol Dose Pack, Norco, Amoxicillin, Azithromycin or Clindamycin. **IF YOU ARE ALLERGIC TO ANY OF THESE MEDS INFORM US IMMEDIATELY.**
5. If an antibiotic is prescribed at any time during treatment, you should take the medication exactly as directed until prescription completion.
6. Limit alcohol consumption and sun exposure as they may interfere with the medications prescribed.
7. Do **not** exceed the recommended dosage. Take only the medication as prescribed on the prescription.
8. Do **not** give any of your medication to ANY other individual.
9. Female patients that are prescribed antibiotics are recommended to seek alternative birth control methods the entire menstrual cycle if taking oral contraceptives.
10. Notify the doctor if you have symptoms which may be related to an allergic reaction such as: skin rash, itching or hives, elevated temperature, increased and/or erratic heart rate, nausea or vomiting, dizziness or fainting, or blurred vision.

Dietary Recommendations after treatment

1. Do not try to eat solid foods until the local anesthetic wears off. You will have no feeling in the surrounding area including your tongue, and may unknowingly bite yourself. Please be sure to get something in your stomach as soon as possible after your treatment so you do not make yourself sick.
2. If treatment was performed in an isolated area please avoid directly chewing on or around the surgical sites for 30 days.
3. Avoid eating berried fruits, nuts, popcorn kernels, and sharp / hard foods. Avoid foods that may be sticky or crunchy such as chips, pizza crusts, taffy, caramels, doughy breads or anything that could potentially become trapped in an area which treatment was performed or food that may cut through the stitches.
4. Avoid biting directly into anything, especially fruits and sandwiches. Please cut food into smaller pieces and chew on the opposite side from the surgery site (when possible).
5. A nutritious diet throughout your healing stage is most important to your comfort, temperament and healing. Hungry people become irritable and less able to deal with discomfort which can follow surgery.



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6. Consume soft foods high in protein & nutrition to facilitate healing.
 - Milk, along with cooked cereals, scrambled eggs and cottage cheese are recommended for the initial day following surgery.
 - Soups, broiled fish, stewed chicken, mashed potatoes and cooked vegetables can be added to your diet as your comfort allows.
 - Protein shakes, Nutriment, Ensure, Boost and/or yogurt supply excellent added nutrition. These are especially important if other soft foods are not taken in.
 - Please avoid acidic foods such as tomatoes, orange juice and citrus foods or beverages as they may cause discomfort.

Procedure Specific Post-treatment instructions

BONE GRAFTING:

1. You may expect to find small granules in your mouth for the first several days.
2. Avoid blowing your nose and consider an over the counter nasal decongestant.
3. **Do not** apply pressure with your tongue or fingers. The material is movable during the initial healing.
4. **Do not** lift or pull on the lip to look at sutures (stitches). This can cause undue pressure and tear the sutures.

SINUS ELEVATION / AUGMENTATION:

1. Do not blow your nose for 2 weeks following treatment. Do not try to hold back sneezing for 2 weeks following treatment.
2. **Do not** lift or pull on the lip to look at sutures (stitches).
3. You may expect to find small granules in your mouth for the first several days. This is **not** unusual.
4. No flying for **10 days** post sinus augmentation treatment.

IMPLANT PLACEMENT

1. Sensitivity to cold on the natural teeth can occur, and will disappear gradually with time.
2. **Do not** apply pressure to the implant with your tongue or fingers.
- 3.

TEMPORARY CROWNS OR BRIDGES:

4. **Do not** floss the area. Pulling the floss through the area could remove or loosen the temporary.
5. **Do** brush the area to keep it clean in your usual manner. This is to keep the area clean and care for the natural teeth and gums. Your teeth may be more sensitive to cold and brushing, but still require proper care.
6. If the temporary loosens, rinse it off and return it to the prepared teeth or store in a safe place.
7. A temporary is just as stated – it does not in any way resemble the final restoration in color, shape or fit. It is only temporary.
8. If your gums become tender while in a temporary, brush (massage) the gums and rinse with warm water.

GINGIVAL GRAFTING

1. Leave the site(s) alone. Do not manipulate the area with your tongue or fingers.
2. Take care of the rest of your teeth; avoid the area the surgery was performed. Accidentally bumping a tissue graft could cause the stitches to become loose and the graft to move.
3. Sutures in the palate typically dissolve on their own. However, they may only last 3-5 days.
4. Sutures in the grafted area may last 7-21 days on average and will dissolve on their own.
5. If a stitch breaks or becomes loose in the mouth, you may clip the loose strings. **Do not** attempt to pull any sutures out. If unsure, please call the office to make a follow-up appointment.
6. It is normal to experience sensitivity to both temperature and touch for approximately 1-3 months after surgery.



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GINGIVECTOMY / CROWN LENGTHENING

1. Avoid acidic and spicy foods like Buffalo wings, salty foods, tomatoes, and/or citrus foods or beverages as these items may cause sensitivity to the gums.
2. Do not brush along the gum-line. Be cautious not to touch the gums with the toothbrush bristles.

Notify the office if any of the following occurs:

- A suture falls out within the first 48 hours.
- There is a constant flow of blood that cannot be stopped after applying pressure for 45 minutes.
- Pain does not decrease after 72 hours.
- Swelling increases after the third day or is significant when looking in the mirror.
- You notice that there is a bad odor or taste in your mouth
- You experience a fever after 72 hours
- If a large amount of granules are lost from the bone graft site or if you feel granules in your nose.
- The temporary becomes loose or fractures.
- The healing cap that is placed over the implant becomes loose or comes off.

In the event that you are experiencing uncontrollable bleeding or suspect that you have an infection contact us immediately!

During the day or after hours please call the office: 614-591-0667.

In the case of a dental emergency after hours please also call the main office phone number & leave a message. When you leave a message we will receive a notification with your voicemail and will return your call based on the nature of your call.

Go to the emergency room if you are unsuccessful in reaching the office after hours.

If you are experiencing a life threatening emergency, please dial 911 immediately.