



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 recommendations for all surgical procedures

- 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, Meloxicam, Motrin and Multi-Vitamins.
- 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.

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) as directed unless you are given other specific instructions.
- NO caffeine for 24 hours prior as it can prevent the sedation medications from achieving full affect.
- Notify us prior to treatment of all allergies or poor reactions to: Fentanyl, Versed, Zofran or Narcotics.
- All diabetics taking Insulin, should take $\frac{1}{2}$ 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 because it can affect the accuracy of the monitors.
- When possible please do not wear contact lenses.
- 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. Please leave jewelry and watches at home.



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- It is essential that you have someone you know to drive 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, apply a firm pressure with a gauze pad or moist tea bag. Pressure should be applied in 15-20 minute intervals and repeated until the bleeding is controlled. 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 as they negatively impact healing.
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. 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. Please don't floss the surgery site(s) for 1 month.
9. The sutures will last 7-21 days and will dissolve on their own, unless otherwise noted. If a stitch breaks or becomes loose in the mouth, you may trim the loose strings. Do not pull the suture out.
10. It is normal to experience sensitivity to both temperature and touch for approximately 1 month post treatment.
11. 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.



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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 food and 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, Arnica, Amoxicillin or Azithromycin. **IF YOU ARE ALLERGIC TO ANY OF THESE OR ANY OTHER MEDICATIONS 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, 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, and may unknowingly bite yourself. Please be sure to get something in your stomach as soon as possible after your treatment so you may begin your medications.
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 where treatment was performed for 30 days.
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..
6. Consume soft foods high in protein & nutrition to facilitate healing.



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- Milk, along with cooked cereals, scrambled eggs and cottage cheese are recommended for the initial day following surgery.
- Soups, broiled fish, stewed chicken, pasta, mashed potatoes, mashed cauliflower and cooked vegetables can be added to your diet as your comfort allows.
- Protein shakes, Nutriment, Ensure, Boost, smoothies 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 throughout your recovery.
2. Do not apply pressure with your tongue or fingers. The material is movable during the initial healing.
3. 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.
2. Do not try to hold back sneezing for 2 weeks following treatment.
3. No Neti Pot, nasal irrigation or nasal sprays for 2 weeks post treatment. Consider using an over the counter decongestant if instead.
4. Do not lift or pull on the lip to look at sutures (stitches).
5. You may expect to find small granules in your mouth throughout your recovery. This is not unusual.
6. No flying for 10 days post sinus augmentation treatment.
7. Notify the office if you experience a large amount of granules are lost from the bone graft site or if you feel granules in your nose.

IMPLANT PLACEMENT

1. Sensitivity to the adjacent natural teeth may occur, and is expected to disappear gradually with time.
2. Do not apply pressure to the implant with your tongue or fingers.
3. There may be a healing cap that placed over the implant. If it becomes loose or comes off please notify our office immediately.

GINGIVAL GRAFTING

1. Leave the site(s) alone. Do not manipulate the area with your tongue or fingers.
2. Do not pull on your lips or cheek.
3. 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.
4. Sutures in the palate typically dissolve on their own. However, they may only last 3-5 days.
5. Sutures in the grafted area may last 7-21 days on average and will dissolve on their own.
6. 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.
7. Sometimes a liquid band-aid is placed over the surgical sites. This will dissolve on its own and should be left alone to do so.
8. It is normal to experience sensitivity to both temperature and touch for approximately 1-3 months after surgery.

GINGIVECTOMY / CROWN LENGTHENING



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1. Avoid acidic and spicy foods, 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 increases 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

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.

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

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.