



FOX RIVER PERIODONTICS, P.C.

- *The Center for Dental Implants & Comprehensive Periodontics*

Kamy Noruzi, D.M.D.

Ridge Augmentation Post-Op Instructions

For 24 hours please **Do Not Spit, Rinse, or Drink Through A Straw.** All the above will increase bleeding & discomfort.

You will ooze for 1-2 days. Please wipe the oozing with the gauze provided or swallow it. Please avoid spitting for 24 hours. Please change gauze every hour for the next 3-4 hours. After that you may continue to ooze, but will no longer need the gauze. If you run out of gauze moisten the tea bag that we have provided for your and apply to surgical site. **Please avoid brushing surgical area for 1 week.** After 24 hours you may resume brushing all other areas & do warm salt water rinses.

Please avoid the use of extreme Hot and Cold foods and liquids until the Novocain wears off. Please avoid HARD & CRUNCHY foods (chips, popcorn, nuts, and raw vegetables) for 1 week. Suggested foods are: yogurts, puddings, soups, eggs, scrambled eggs, mashed potatoes, and pasta.

Avoid tugging on stitches, as they will fall out within the week.

You may swell. Swelling will maximize on the 4th day. Apply ice pack to the area for the first 8 hours of the day, 20 minutes on, 20 minutes off. If ice pack is used beyond 8 hours it may increase discomfort.

Avoid **SMOKING** for a minimum of 48 hours to 1 week.

Please take pain medication before the numbness wears off. If Orudis is not strong enough, use Vicodin or Tylenol 3. DO NOT EVER TAKE THE TWO TOGETHER only alternated the two medications. Take pain medication for the next day or two. Please take antibiotics if prescribed until completely finished.

Please avoid working out and strenuous activities for at least 48 hours.

**If you develop any problems after your procedure, please call our office.
Do not call your dentist, as they will not be able to help you concerning your
surgical procedures performed at our office.**

Emergency Contact# (630) 294-3262

*Practice Limited to Periodontics • Diplomate of the American Board of Periodontology
A Periodontal Practice Dedicated to Quality*

2075 Blackberry Dr. • Geneva, Illinois 60134 • 630-232-7400
www.foxriverperiodontics.com