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## FOX RIVER PERIODONTICS, P.C.

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- *The Center for Dental Implants & Comprehensive Periodontics*

Kamy Noruzi, D.M.D.

### **Surgical 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 you do not have to use the gauze anymore. 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, raw vegetables) for 1 week. Suggested soft foods are: yogurts, puddings, soups, eggs, mashed potatoes, and pasta.

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

If you were provided with an ice pack, you may apply it 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. Be sure to rest the ice pack on surgical site, do not press the ice pack. Swelling may still maximize on the 4<sup>th</sup> day, but the ice pack will not be needed. After the 4<sup>th</sup> day, the swelling will go down.

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

Please take pain medication before the numbness wears off. Take pain medication for the next day or two. Please take antibiotics if prescribed until completely finished.

### **Periodontal Dressing** (If Used)

The material placed around teeth is periodontal dressing and has been placed to protect the surgical area. It should not be disturbed. Dressing may fall off in a few days.

**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**

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

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