



PASQUINELLI & OLIVARES  
SF PERIO  
& IMPLANTS

Healthy gums, beautiful smiles

## POST-OPERATIVE INSTRUCTIONS

### Patient information:

#### General:

- Arrange to take the day of surgery and the next day off of work. After that use your best judgment.
- Do not rinse your mouth for the first 24 hours.
- Get plenty of rest after surgery.
- Minimizing talking for the first 24 hours will help aid in the healing process.
- Avoid bending over and sleep with your head elevated for the first night
- The better care you take of yourself, the better your result.

#### Exercise:

- No exercise or any activity that would raise your pulse for 7 days after your surgery: including but not limited to running, jogging, working-out, aerobics, and yoga.

#### Diet:

- You will be on a soft food diet for 2 weeks after surgery.
- Cold or room temperature foods are recommended for the first day.
- Do not use a straw at any time.
- Remember, maintaining an adequate diet after surgery is essential and you will do better if you continue to eat a balanced diet.
- Avoid hard, chewy or spicy foods. Citric acid (orange juice and grapefruit juice) may sting.
- Foods with small seeds should be avoided.
- Avoid concentrated alcoholic beverages for the first few days.
- Fluid intake is very important. Try to drink 8 glasses per day. This can help avoid a slight fever following the surgery.

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### Soft Food Ideas:

Soup/Broth	Soft Rice	Yogurt	Rice Porridge
Milkshakes	Oatmeal	Soft Steamed	Fish
Apple Sauce	Cottage Cheese	Vegetables	Tofu
Soft Pasta	Mashed Potatoes	Risotto	Pancakes
Protein Powder Drinks	Grits/Polenta	Jell-O	
Flan	Tofurkey	Pudding	

### Bleeding:

- Slight bleeding may continue for up to 24 hours after surgery. This is not unusual and is no cause for alarm.
- If excessive bleeding occurs, take moistened gauze from the packet given to you following the surgery or a wet caffeinated tea bag and apply slight pressure over the bleeding area for 20-30 minutes.
- Sitting quietly in an upright position will aid in the control of bleeding.
- Do not rinse for the first 24 hours.
- If excessive bleeding persists after following the instructions above please call the office.

### Discomfort:

- The amount of pain or discomfort varies from patient to patient and typically is most noticeable 3 days after surgery.
- The medication given to you should be used as prescribed to control your pain. If you need to take the medication for a few days do not be alarmed.
- If you cannot control the pain with the medications given, please call the office.

### Swelling & Bruising:

- You can expect some swelling and bruising following your surgery. It may take 3 to 5 days before it reaches a maximum.
- If you have had facial plastic surgery, or any Botox-like injections in the facial area, you will experience more bruising and swelling.
- To minimize the swelling, apply an ice pack to the cheek over the area of surgery, 10 minutes on and 10 minutes off, for the first day.
- Ice cubes in a plastic bag work well as an ice pack, as do a frozen bag of peas.

### Periodontal Dressing for Pocket Reduction and Gum Grafting:

- Following your surgery, a pink plastic-like material called a periodontal dressing may be placed around your teeth and gums.
- This dressing acts as an oral bandage.
- It should remain in place until your follow up appointment when it will either be removed or replaced.
- Parts of the dressing may chip off this is not a problem unless it causes discomfort.

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### Oral Hygiene:

- Do not brush or disturb the surgical site in any way until your follow up appointment. **If you have a stent or stayplate please read the sections below.**
- Rinse gently with 1/2 oz. of Periogard for 30 seconds twice a day for two weeks.
- After two weeks you may begin using Natural Dentist Antiseptic Mouth Rinse daily, rinsing once or twice a day for a full 30 seconds.
- Remember that the remainder of your mouth should be cleaned as usual, being VERY careful not to disturb the surgery site.

### Stent for Gum Grafting:

- A clear thin plastic retainer (stent) may have been made to cover the roof of your mouth. It is provided for your comfort and to reduce irritation to the surgical site.
- The stent will be in your mouth following surgery and should not be removed for 48 hours.
- 48 hours after surgery please remove your stent, gently rinse your mouth with the Periogard Oral Rinse and place the stent back in your mouth; this will allow the roof of your mouth to be cleansed.
- It is then recommended that you wear it for 2 weeks following surgery, taking it out after you eat to clean it.
- You may have been given ORABASE ointment samples
- If it is 24 hours after your surgery and you are still experiencing discomfort on the roof of your mouth you may begin using ORABASE.
- Place ORABASE on the stent/retainer, then place stent/retainer gently into your mouth.

### Stayplate/Flipper (If you have one):

- The stayplate will be in your mouth following surgery and should not be removed for 48 hours unless \ directed by our office to leave it in longer.
- It is then recommended that you wear it night and day for 2 weeks following surgery, taking it out after you eat to clean it and then placing it back in your mouth immediately.



**IF YOU CANNOT REACH US VIA THE OFFICE LINE  
San Francisco Office Phone Number 415-781-7147  
AND HAVE AN AFTER HOURS EMERGENCY  
YOU CAN CALL DR. PASQUINELLI DIRECTLY AT (415) 847-2207.**

**If you cannot reach your doctor and you have a medical emergency,  
please go directly to your nearest hospital emergency room**



**Please don't hesitate to call  
our office if you have any  
questions or concerns.**

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 415.781.7147  415.781.5638  [www.sfperio.com](http://www.sfperio.com)  [info@sfperio.com](mailto:info@sfperio.com)

 450 Sutter St #1314 San Francisco, CA 94108