



PASQUINELLI & OLIVARES
SF PERIO
& IMPLANTS

Healthy gums, beautiful smiles

POST-OPERATIVE INSTRUCTIONS

Patient information:

After Your Surgery

GENERAL (first 24 hours):

- IV or ORAL SEDATION: Do NOT drive for 24 hours after your surgery.
- Take pain medication as soon as you get home (see below).
- **Apply ice 30 minutes on, followed by 30 minutes off, and repeat for 24 hours.**
- **Soft food diet is recommended for 2 weeks.**
- Do not rinse your mouth for the first 24 hours. Do not brush the surgical site for 5 days after surgery.
- You will start brushing surgical site 5 days after surgery using a post-operative toothbrush (given to you on day of your surgery). You will dip the toothbrush in the StellaLife VEGA Oral rinse, and gently brush using "sweeping" motions.
- If given a stent or essix retainer, do not remove for 48 hours. At 48 hours, remove appliance, rinse your mouth with the StellaLife VEGA Oral rinse, brush the appliance, and place back in mouth immediately.
- **NO** straws, spitting, rinsing, alcohol, smoking, or hot food/liquids for the first 24 hours.
- **NO** exercise for the first week (elevated heart rate).
- **DO** get plenty of rest after surgery. Sleep with your head elevated with extra pillows for the first night.
- **DO** minimize talking for the first 24 hours; it will help aid in the healing process.
- **The better care you take of yourself, the better your result!**

MEDICATIONS (if applicable):

- Antibiotics: Take as directed on the bottle until finished.
- Ibuprofen (Advil) 600mg: Take 1 tab every 4-6 hours for the first 3 days, then as needed for pain.
- Percocet (Oxycodone/Acetaminophen) 5/325mg: Take 1-2 tabs every 4-6 hours as needed for pain.
- *Take in addition to Ibuprofen (ONLY if needed).*
- StellaLife VEGA Oral Care Recovery Kit: Start 24 hours after surgery. Follow Instructions on Kit.
- StellaLife VEGA Oral rinse (Contained in kit. Extra bottle dispensed for use after recovery kit complete): Start 24 hours after surgery.

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Commonly Asked Questions

Is bleeding normal?

- Slight bleeding may continue for up to 24 hours after surgery. This is not unusual and is no cause for alarm.
- To limit bleeding and pain, sit upright and sleep on your back with your head supported by extra pillows.
- 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.
- If excessive bleeding persists after following the instructions above, **please call the office.**

Can I 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.

How much discomfort can I expect?

- It is normal to have pain after a surgical procedure.
- The amount of pain varies from person to person and most noticeable 3-5 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.**

Will there be swelling and bruising?

- Extensive swelling and bruising is expected following 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 swelling, apply ice (to your cheek over the area of surgery) 30 minutes on and 30 minutes off, for 24 hours.
- Ice cubes in a plastic bag, frozen bag of peas, or an ice pack may be used.

What can I eat after surgery?

- Plan to be on a **soft food diet** for 2 weeks after surgery.
- Avoid hard, chewy, spicy foods, and foods with small seeds. Acidic foods (fruit juice, tomato, vinegars, etc.) may sting.
- Drink lots of water! Try to drink 8 glasses per day. Limit caffeine intake to no more than 2 cups/day and limit alcohol intake. This action can keep you hydrated and can help avoid a slight fever following the surgery.
- **Refer to our website for food ideas and a list of nutritional supplements to optimize your healing at www.sfperio.com.**

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What is the pink material after surgery?

- Following your surgery, a pink plastic-like material called a periodontal dressing may be placed around your gums and teeth.
- It acts like a bandage. It should remain in place until your next appointment
- Parts of the dressing may chip off — this is not a problem unless it causes discomfort.

How am I going to brush?

- Do not rinse for 24 hours. After 24 hours, rinse gently with 7-10ml of the StellaLife VEGA Oral rinse for 1 minute, 2-3 times a day.
- Do not brush or disturb the surgical site in any way. You will start brushing the surgical site 5 days after surgery using a post-operative toothbrush. You will dip the toothbrush in the StellaLife VEGA Oral rinse. If you have an appliance, see below.
- Clean the rest of your mouth as usual, being careful to avoid the surgical area with your regular toothbrush.

How long does this appliance stay in my mouth?

- **STENT: Clear plastic retainer covering the roof of your mouth, to protect graft area during healing.**
- **ESSIX RETAINER: Clear plastic retainer with teeth in it.**
- Do not remove for 48 hours unless otherwise directed.
- 48 hours after surgery please remove your appliance, gently rinse your mouth with the StellaLife VEGA Oral rinse, brush the appliance, and place back in your mouth.
- It is then recommended that you wear the appliance for 2 weeks following surgery, taking it out after you eat to clean it.



If you cannot reach us at the office
and have AN AFTER-HOURS EMERGENCY,
call your doctor directly at:

Dr. Pasquinelli (415) 847-2207 | Dr. Olivares (925) 286-7219

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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