



PASQUINELLI & OLIVARES

SF PERIO & IMPLANTS

Healthy gums, beautiful smiles

COMMONLY ASKED POST-OPERATIVE QUESTIONS

General information:

Is bleeding normal?

- Slight bleeding may continue for up to 48 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 moderate 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 is 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 several 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" or filler-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, a 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. A nutritionally balanced diet with appropriate caloric intake is optimal for healing.

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What can I eat after surgery? (continued)

- 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.

What is the pink material after surgery? (Only if applicable)

- Following your surgery, a pink plastic-like material called a periodontal dressing, may be placed around your teeth.
- It acts like a bandage. Do not remove it.
- Parts of the dressing may loosen or chip off — If it falls off or causes discomfort, call the office for instructions.

How am I going to keep my teeth clean?

- 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 postoperative 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? (Only if applicable)

- **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, thoroughly brush the appliance, and place back in your mouth.
- It is then recommended that you wear the appliance full-time for 2 weeks following surgery, only 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.**