

# PERIODONTICS OF ELGIN, LTD.

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A PRACTICE LIMITED TO PERIODONTICS  
IMPLANTS ORAL

## POST SURGICAL CARE INSTRUCTIONS

Now that we have removed the sutures and any remaining bandage, we want you to remember the following steps to maintain continued healthy healing.

Know that, you are still in the healing stage; some foods may still be uncomfortable to chew. This will steadily disappear with time.

### **BLEEDING:**

You may have some bleeding the first week of returning to the toothbrush and floss, but **PLEASE DO NOT STOP BECAUSE OF THIS!!!!** Not brushing and flossing during this stage may lead to infection and/or slow down the healing process.

### **ORAL HYGIENE:**

We gave you a post-surgical toothbrush to use. **YOU WILL ONLY USE THIS BRUSH FOR 7 TO 10 DAYS!!!!** Brushing instructions are as follows:

START BRUSHING: \_\_\_\_\_ TODAY \_\_\_\_\_ DAYS

### **\_\_\_\_\_ OSSEOUS SURGERY:**

For upper gums, place your toothbrush gently on the tissue above the surgical area and brush in a downward stroke for 5 to 6 times. Continue the same technique for the remaining surgical area and the roof of the mouth.

For lower gums, place your tooth brush gently on the tissue below the surgical area and brush in a upward stroke for 5 to 6 times. Continue the same technique for the remaining surgical area and the tongue side of the surgical area.

### **\_\_\_\_\_ TISSUE GRAFTS:**

For the upper gums, place your toothbrush gently on the tissue above the surgical area and brush in a downward stroke for only 5 to 6 times twice a day.

For the lower gums, place your toothbrush gently on the tissue below the surgical area and brush in a upward stroke for only 5 to 6 times twice a day.

### **THIS IS THE TECHNIQUE THAT YOU SHOULD USE TO BRUSH THE SOFT TISSUE GRAFT AREAS FROM NOW ON!!!!!!**

For the roof of the mouth were the graft tissue was taken from, you should just brush across the area twice a day to keep clean.

### **\_\_\_\_\_ IMPLANTS:**

Brush across the top of the implant healing cap to keep it as clean as possible.

### **\_\_\_\_\_ EXTRACTIONS:**

Brush across the top of the extraction area.

**FLOSSING:** \_\_\_\_\_ TODAY \_\_\_\_\_ DAYS

### **TOOTHPASTE:**

You may use any toothpaste you like. If you are having sensitivity to temperature you may want to use a sensitive toothpaste (SENSODYNE) for 2-3 weeks. This sensitivity will decrease over the healing time. Not only brush with the Sensitive Toothpaste but also lightly coat the sensitive area with the paste and let it sit on the area undisturbed before bedtime.

### **A CLEAN MOUTH PROMOTES HEALING!!!!!!**

REMEMBER THAT EACH DAY GETS BETTER IF YOU KEEP BRUSHING AND FLOSSING.

IF THERE IS SOMETHING YOU HAVE A CONCERN ABOUT **PLEASE CALL**. IT IS BETTER TO LOOK AT A PROBLEM SOONER THAN LATER.