

Bitu Farhoumand, DDS

Periodontology & Implant Dentistry

Post-Op Instructions Following **Scaling & Root Planing**:

- Take two or three 200mg Motrins in 6 hours if you feel discomfort, and you will feel better by tonight or tomorrow morning.
- Rinse with the Peridex mouthwash morning and night for 30 seconds for two weeks, after brushing. Do not use any other mouthrinse during this time.
- If you have a bad reaction to the Peridex mouth rinse (ie, burning), or notice heavy staining of your teeth, stop immediately and switch to "Natural Dentist" or salt water mouthrinse. ****Please note: The office may charge a fee for stain removal**
- Floss once a day at night, and brush twice a day morning and night to help your gums heal and to avoid needing additional periodontal treatment.
- **Attempt to quit smoking during this time.**
- Come back in 4-6 weeks for your follow up. On that appointment the doctor will re-evaluate your gums, do a comprehensive exam of your teeth, perform a regular cleaning, and polish your teeth. This appointment is very important and is a continuation of your first visit.

Bitu Farhoumand, DDS
Periodontology & Implant Dentistry

Post-Op Instructions Following **Osseous/Crown Lengthening/Distal Wedge/Ext:**

EATING & DRINKING: Do not to eat until all anesthetic (numbness) has worn off. You can then eat right away starting with **soft foods that can be easily mashed with a fork**, such as ice cream, soup, mashed potatoes, and other soft non-abrasive foods. **Do not eat on the surgical side of the mouth and do not let food get into the surgical area**. Try to avoid hard, spicy, acidic foods and foods that contain seeds. You can drink as much as you want, but for the first week, never use a straw as this causes negative pressure in your mouth which can pull on the sutures and loosen things up.

ORAL HYGIENE: The surgical site should be avoided from brushing/flossing for the first 2 weeks. Please use the prescribed mouthwash (chlorhexidine) **for two weeks**. If swollen, bathe the area and let the mouthwash dribble out. **Do not spit, swish, or gargle aggressively as this may disrupt the surgical site**. After two weeks, you may brush/floss your teeth very gently at first– barely touching the gums. All other areas of the mouth, except the surgical area, can be brushed like normal at anytime. You may gently rinse around the treated area with salt water (1/2 tsp. salt in 1 cup water) throughout the day if you choose. Please note: If you have a bad reaction to the prescribed rinse (ie, burning), or notice brown staining of your teeth, please switch to “Natural Dentist” or salt water rinse. Do not use any other mouthrinse during the healing time.

ACTIVITY: After leaving our office today, we suggest you relax and limit your activity for the remainder of the day. You can start very light activity the day after surgery if you feel up to it (for ex: a brisk walk). For the first **7 days (or until all swelling is gone) avoid** extreme exercise, heavy lifting, or anything that will cause you to strain. If a “heartbeat” is felt in the surgical area, then you need to decrease your physical activity.

BLEEDING: Bleeding will stop slowly, typically in 1-3 hours, and oozing is normal. Oozing can even occur the first night of sleep. If bleeding persists, use gauze with gentle but firm pressure or a dampened tea bag (caffeinated) in the area for 15-20 min or until the bleeding has subsided.

INFECTION: If you have been given an antibiotic, please continue taking it as directed without missing a dose, until completed. If you have missed a dose, then take it immediately and then continue your same schedule.

SWELLING: It is normal for some swelling to occur after surgery. To minimize swelling, use ice packs over the site (10 min on/10 min off) as much as you can for the first 24-36 hours. Icing the area will help reduce the swelling which will accelerate the healing down the road and also reduce discomfort. Again, maximal swelling will occur between 48-72 hours and can last up to 7 days. Do not apply heat within the first 72 hours.

DISCOMFORT: It is normal to experience some discomfort (soreness/dull ache) with the most swelling/pain occurring in 48-72 hours after surgery, and can last up to 7 days. **600mg ibuprofen (motrin, generic ibuprofen or advil) every 6 hours should be taken if you experience discomfort**. If the ibuprofen is not alleviating the pain, you can also add 1-2 tablets of Tylenol an hour after taking the ibuprofen (do not exceed max dose allowed in a 24 hour period). If there is still pain or throbbing, please contact Dr. Bitu.

NEXT VISIT: You **must** come back for your scheduled follow up. If sutures loosen or come out within the first 3 days, please contact the office. After two weeks, proper oral hygiene must be maintained in the surgical area to aid in healing. It is normal after periodontal surgery for your teeth to feel more sensitive for up to 3-6 months. This is remedied by maintaining proper oral hygiene and by the use of specially formulated sensitive toothpaste, such as Sensodyne (available at drugstores).

Do not: please do not smoke, exercise excessively, touch the area with your finger, pull out your lip to look at the treated area, chew on the surgical side of the mouth, spit, use a straw, or eat hard, crunchy foods that may get lodged into the surgical site. Please leave the surgical site as undisturbed as possible. This will allow maximal healing.

If you have any other questions or concerns, please call Dr. Bitu Farhoumand at 703-981-3185

Bitra Farhoumand, DDS
Periodontology & Implant Dentistry

Post-Op Instructions Following **Tissue Grafting or Bone Grafting:**

EATING & DRINKING: Do not to eat until all anesthetic (numbness) has worn off. You can then eat right away starting with **soft foods that can be easily mashed with a fork**, such as ice cream, soup, mashed potatoes, and other soft non-abrasive foods. **Do not eat on the surgical side of the mouth and do not let food get into the surgical area.** Try to avoid hard, spicy, acidic foods and foods that contain seeds. You can drink as much as you want, but for the first week, never use a straw as this causes negative pressure in your mouth which can pull on the sutures and loosen things up.

ORAL HYGIENE: The surgical site should be avoided from brushing for 2 weeks. Please use the prescribed mouthwash (chlorhexidine) **for 2-4 weeks or until sutures are removed.** While the area is swollen, bathe the area in it and let the mouthwash dribble out. **Do not spit, swish, or gargle aggressively as this may disrupt the surgical site.** After 2 weeks, you may brush your teeth very gently at first– not touching the gums. All other areas of the mouth, except the surgical area, can be brushed like normal at anytime. You may gently rinse around the treated area after 24 hours with salt water (1/2 tsp. salt in 1 cup water) throughout the day if you choose. Please note: If you have a bad reaction to the chlorhexidine (ie, burning), or notice brown staining of your teeth, please switch to “Natural Dentist” or salt water rinse. Do not use any other mouthrinse during the healing time.

SWELLING: Swelling is normal, and maximal swelling will occur between 48-72 hours and can last around 7 days. To minimize swelling and reduce discomfort,, use a soft ice pack over the site (10 min on/10 min off) as much as you can for the first 24-36 hours (very gently- no pressure). Also, sleep with 2-3 pillows the first 3 nights (head above your heart). Do not apply heat within the first 72 hours. Do not touch the treated area with your finger.

ACTIVITY: After leaving our office today, we suggest you relax and limit your activity for the remainder of the day. You can start very light activity the day after surgery if you feel up to it (for ex: a brisk walk). For the first **7 days (or until all swelling is gone) avoid** extreme exercise, heavy lifting, or anything that will cause you to strain. If a “heartbeat” is felt in the surgical area, then you need to decrease your physical activity.

BLEEDING: Bleeding will stop slowly, typically in 1-3 hours, and oozing is normal. Oozing can even occur the first night of sleep. (*For tissue grafts: if bleeding persists from the palate, use gauze with gentle but firm pressure or a dampened tea bag (caffeinated) in the area for 15-20 min or until the bleeding has subsided.)

INFECTION: If you have been given an antibiotic, please continue taking it as directed without missing a dose, until completed. If you have missed a dose, then take it immediately and then continue your same schedule.

DISCOMFORT: It is normal to experience some discomfort (soreness/dull ache) with the most swelling/pain occurring in 48-72 hours after surgery. **600mg ibuprofen (motrin, generic ibuprofen or advil) every 6 hours should be taken for the first three days** to decrease the swelling/pain, then take it as needed. After 3 days, simply take it as needed. If the ibuprofen is not alleviating the pain, you can also add 1-2 tablets of Tylenol an hour after taking the ibuprofen (do not exceed max dose allowed in a 24 hour period). If there is still pain or throbbing, please contact Dr. Bitra.

USE OF REMOVABLE DENTAL APPLIANCE: If you wear a removable appliance to replace missing teeth or a retainer and it rests on the treated area, you should refrain from wearing it after surgery as pressure on the surgical site could be detrimental to healing. Our office will specify directions as each case is specific.

NEXT VISIT: You **must** come back for your scheduled follow up. If sutures loosen or come out within the first 3 days, please contact the office. After sutures are removed, you can resume normal oral hygiene, but continue not to eat on the side of the surgery until advised by Dr Bitra. It is normal after periodontal surgery for your teeth to feel more sensitive for up to 3-6 months. This is remedied by maintaining proper oral hygiene and by the use of specially formulated sensitive toothpaste, such as Sensodyne (available at drugstores).

Do not: please do not smoke, exercise excessively, touch the area with your finger, pull out your lip to look at the treated area, chew on the surgical side of the mouth, spit, use a straw, or eat hard, crunchy foods that may get lodged into the surgical site. Please leave the surgical site as undisturbed as possible. This will allow maximal healing.

If you have any other questions or concerns, please call Dr. Bitra Farhoumand at 703-981-3185

Bitu Farhoumand, DDS
Periodontology & Implant Dentistry

Post-Op Instructions Following **Extraction & Socket Preservation, or Immediate Implant Surgery:**

EATING & DRINKING: Do not eat until all anesthetic (numbness) has worn off. You can then eat right away starting with **soft foods that can be easily mashed with a fork**, such as ice cream, soup, mashed potatoes, and other soft non-abrasive foods. **Do not eat on the surgical side of the mouth and do not let food get into the surgical area for the next 4 weeks.** Try to avoid hard, spicy, acidic foods and foods that contain seeds. You can drink as much as you want, but do not use a straw for the next 4 weeks as this causes negative pressure in your mouth which can pull on the membrane/sutures and loosen things up.

ORAL HYGIENE: The surgical site should be avoided from brushing for the first week. Please use the prescribed mouthwash (chlorhexidine) **for 2-4 weeks or until sutures are removed.** While the area is swollen, bathe the area in it and let the mouthwash dribble out. **Do not spit, swish, or gargle aggressively as this may disrupt the surgical site.** After a week, you may start to brush your teeth very gently— not touching the gums – until the sutures and membrane are removed. All other areas of the mouth, except the surgical area, can be brushed like normal at anytime. You may gently rinse around the treated area after 24 hours with salt water (1/2 tsp. salt in 1 cup water) throughout the day if you choose. Please note: If you have a bad reaction to the chlorhexidine (ie, burning), or notice brown staining of your teeth, please switch to “Natural Dentist” or salt water rinse. Do not use any other mouthrinse during the healing time.

ACTIVITY: After leaving our office today, we suggest you relax and limit your activity for the remainder of the day. You can start very light activity the day after surgery if you feel up to it (for ex: a brisk walk). For the first **7 days (or until all swelling is gone) avoid** extreme exercise, heavy lifting, or anything that will cause you to strain. If a “heartbeat” is felt in the surgical area, then you need to decrease your physical activity.

INFECTION: If you have been given an antibiotic, please continue taking it as directed without missing a dose, until completed. If you have missed a dose, then take it immediately and then continue your same schedule.

BLEEDING: Bleeding will stop slowly, typically in 1-3 hours, and oozing is normal. Oozing can even occur the first night of sleep.

SWELLING: It is normal for some swelling to occur after surgery. To minimize swelling, use ice packs over the site (10 min on/10 min off) as much as you can for the first 24-36 hours. Icing the area will help reduce the swelling which will accelerate the healing down the road and also reduce discomfort. Again, maximal swelling will occur between 48-72 hours and can last up to 7 days. Do not apply heat within the first 72 hours.

DISCOMFORT: It is normal to experience some discomfort (soreness/dull ache) with the most swelling/pain occurring in 48-72 hours after surgery, and can last up to 7 days. **600mg ibuprofen (motrin, generic ibuprofen or advil) every 6 hours should be taken if you experience discomfort.** If the ibuprofen is not alleviating the pain, you can also add 1-2 tablets of Tylenol an hour after taking the ibuprofen (do not exceed max dose allowed in a 24 hour period). If there is still pain or throbbing, please contact Dr. Bitu.

USE OF REMOVABLE DENTAL APPLIANCE: If you wear a removable appliance to replace missing teeth or a retainer and it rests on the treated area, you should refrain from wearing it after surgery as pressure on the surgical site could be detrimental to healing. Our office will specify directions as each case is specific.

NEXT VISIT: You **must** come back for your scheduled follow up. If sutures loosen or come out within the first 3 days, please contact the office. After sutures are removed, proper oral hygiene must be maintained in the surgical area to aid in healing, but continue not to eat on the side of the surgery as much as possible (especially hard foods).

Do not: please do not smoke, exercise excessively, touch the area with your finger, pull out your lip to look at the treated area, chew on the surgical side of the mouth, spit, use a straw, or eat hard, crunchy foods that may get lodged into the surgical site. Please leave the surgical site as undisturbed as possible. This will allow maximal healing.

If you have any other questions or concerns, please call Dr. Bitu Farhoumand at 703-981-3185

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Periodontology & Implant Dentistry

Post-Op Instructions Following **Implant Surgery (with/without internal sinus lift)**:

EATING & DRINKING: Do not to eat until all anesthetic (numbness) has worn off. You can then eat right away starting with **soft foods that can be easily mashed with a fork**, such as ice cream, soup, mashed potatoes, and other soft non-abrasive foods. **Do not eat on the surgical side of the mouth and do not let food get into the surgical area**. Try to avoid hard, spicy, acidic foods and foods that contain seeds. You can drink as much as you want, but for the first week, never use a straw as this causes negative pressure in your mouth which can pull on the sutures and loosen things up.

ORAL HYGIENE: The surgical site should be avoided from brushing/flossing for the first 2 weeks. Please use the prescribed mouthwash (chlorhexidine) **for two weeks**. If swollen, bathe the area and let the mouthwash dribble out. **Do not spit, swish, or gargle aggressively as this may disrupt the surgical site**. After two weeks, you may brush/floss your teeth very gently at first– barely touching the gums. All other areas of the mouth, except the surgical area, can be brushed like normal at anytime. You may gently rinse around the treated area with salt water (1/2 tsp. salt in 1 cup water) throughout the day if you choose. Please note: If you have a bad reaction to the prescribed rinse (ie, burning), or notice brown staining of your teeth, please switch to “Natural Dentist” or salt water rinse. Do not use any other mouthrinse during the healing time.

ACTIVITY: After leaving our office today, we suggest you relax and limit your activity for the remainder of the day. You can start very light activity the day after surgery if you feel up to it (for ex: a brisk walk). For the first **7 days (or until all swelling is gone)** avoid extreme exercise, heavy lifting, or anything that will cause you to strain. If a “heartbeat” is felt in the surgical area, then you need to decrease your physical activity. ****For internal sinus lifts only:** Do not bend over, blow your nose, or hold your nose to sneeze for first two weeks. Try your best to sneeze through your mouth without holding your nose. If you feel congested, take a nasal spray decongestant.

BLEEDING: Bleeding will stop slowly, typically in 1-3 hours, and oozing is normal. Oozing can even occur the first night of sleep.

INFECTION: If you have been given an antibiotic, please continue taking it as directed without missing a dose, until completed. If you have missed a dose, then take it immediately and then continue your same schedule.

SWELLING: It is normal for some swelling to occur after surgery. To minimize swelling, use ice packs over the site (10 min on/10 min off) as much as you can for the first 24-36 hours. Icing the area will help reduce the swelling which will accelerate the healing down the road and also reduce discomfort. Again, maximal swelling will occur between 48-72 hours and can last up to 7 days. Do not apply heat within the first 72 hours.

DISCOMFORT: It is normal to experience some discomfort (soreness/dull ache) with the most swelling/pain occurring in 48-72 hours after surgery, and can last up to 7 days. **600mg ibuprofen (motrin, generic ibuprofen or advil) every 6 hours should be taken if you experience discomfort**. If the ibuprofen is not alleviating the pain, you can also add 1-2 tablets of Tylenol an hour after taking the ibuprofen (do not exceed max dose allowed in a 24 hour period). If there is still pain or throbbing, please contact Dr. Bitra.

USE OF REMOVABLE DENTAL APPLIANCE: If you wear a removable appliance to replace missing teeth or a retainer and it rests on the treated area, you should refrain from wearing it after surgery as pressure on the surgical site could be detrimental to healing. Our office will specify directions as each case is specific.

NEXT VISIT: You **must** come back for your scheduled follow up. If sutures loosen or come out within the first 3 days, please contact the office. After 2 weeks, you can resume normal oral hygiene, but continue not to eat on the side of the surgery (especially hard foods) until the crown is placed on the implant.

Do not: please do not smoke, exercise excessively, touch the area with your finger, pull out your lip to look at the treated area, chew on the surgical side of the mouth, spit, use a straw, or eat hard, crunchy foods that may get lodged into the surgical site. Please leave the surgical site as undisturbed as possible. This will allow maximal healing.

If you have any other questions or concerns, please call Dr. Bitra Farhoumand at 703-981-3185

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Post-Op Instructions Following **Lateral Sinus Lift Surgery** (with or without implant placement):

EATING & DRINKING: Do not eat until all anesthetic (numbness) has worn off. You can then eat right away starting with **soft foods that can be easily mashed with a fork**, such as ice cream, soup, mashed potatoes, and other soft non-abrasive foods. **Do not eat on the surgical side of the mouth and do not let food get into the surgical area.** Try to avoid hard, spicy, acidic foods and foods that contain seeds. You can drink as much as you want, but for the first week, never use a straw as this causes negative pressure in your mouth which can pull on the sutures and loosen things up.

ORAL HYGIENE: The surgical site should be avoided from brushing/flossing for the first 2 weeks. Please use the prescribed mouthwash (chlorhexidine) **for two weeks**. If swollen, bathe the area and let the mouthwash dribble out. **Do not spit, swish, or gargle aggressively as this may disrupt the surgical site.** After two weeks, you may brush/floss your teeth very gently at first—barely touching the gums. All other areas of the mouth, except the surgical area, can be brushed like normal at anytime. You may gently rinse around the treated area with salt water (1/2 tsp. salt in 1 cup water) throughout the day if you choose. Please note: If you have a bad reaction to the prescribed rinse (ie, burning), or notice brown staining of your teeth, please switch to “Natural Dentist” or salt water rinse. Do not use any other mouthrinse during the healing time.

ACTIVITY: After leaving our office today, we suggest you relax and limit your activity for the remainder of the day. You can start very light activity the day after surgery if you feel up to it (for ex: a brisk walk). For the first **7 days (or until all swelling is gone) avoid** extreme exercise, heavy lifting, or anything that will cause you to strain. If a “heartbeat” is felt in the surgical area, then you need to decrease your physical activity. **Do not bend over, blow your nose, or hold your nose to sneeze for first two weeks. Try your best to sneeze through your mouth without holding your nose. If you feel congested, take a nasal spray decongestant.**

BLEEDING: Bleeding will stop slowly, typically in 1-3 hours, and oozing is normal. Oozing can even occur the first night of sleep. If bleeding persists, use gauze with gentle but firm pressure or a dampened tea bag until the bleeding subsides.

INFECTION: If you have been given an antibiotic, please continue taking it as directed without missing a dose, until completed. If you have missed a dose, then take it immediately and then continue your same schedule.

SWELLING: It is normal for swelling to occur after surgery. To minimize swelling and reduce discomfort, use ice packs over the site (10 min on/10 min off) as much as you can for the first 24-36 hours. Also, sleep with 2-3 pillows the first 3 nights (head above your heart). Again, maximal swelling will occur between 48-72 hours and can last up to 7 days. Do not apply heat within the first 72 hours.

DISCOMFORT: It is normal to experience some discomfort (soreness/dull ache) with the most swelling/pain occurring in 48-72 hours after surgery, and can last up to 7 days. **600mg ibuprofen (motrin, generic ibuprofen or advil) every 6 hours should be taken for the first 3 days** to decrease pain/swelling, and then take it as needed. If the ibuprofen is not alleviating the pain, you can also add 1-2 tablets of Tylenol an hour after taking the ibuprofen (do not exceed max dose allowed in a 24 hour period). If there is still pain or throbbing, please contact Dr. Bitu.

USE OF REMOVABLE DENTAL APPLIANCE: If you wear a removable appliance to replace missing teeth or a retainer and it rests on the treated area, you should refrain from wearing it after surgery as pressure on the surgical site could be detrimental to healing. Our office will specify directions as each case is specific.

NEXT VISIT: You **must** come back for your scheduled follow up. If sutures loosen or come out within the first 3 days, please contact the office. Once sutures are removed, you can resume normal oral hygiene, but continue not to eat on the side of the surgery until safely advised by Dr. Bitu.

Do not: please do not smoke, exercise excessively, touch the area with your finger, pull out your lip to look at the treated area, chew on the surgical side of the mouth, spit, use a straw, or eat hard, crunchy foods that may get lodged into the surgical site. Please leave the surgical site as undisturbed as possible. This will allow maximal healing.

If you have any other questions or concerns, please call Dr. Bitu Farhoumand at 703-981-3185

GROCERY LIST

Here are a few items you may want to get from the store to make your healing process a bit more comfortable after surgery:

Jello

Cream of Wheat

Oatmeal

Applesauce

Soup

Mashed potatoes

Yogurt

Smoothies – no seeds (with a spoon)

Pudding

Macaroni & Cheese

Ice Cream/Sorbet

Ensure milk shake

Salt (for salt water rinses)

Tea bags (caffeinated - to use in place of gauze if there is excessive bleeding)

While pureed foods and drinks are easy to swallow, it is important to strive for a balance of protein and fiber after having oral surgery since the temptation is to stick with juices which do not provide the necessary nutrition.

REMEMBER

NO STRAWS, NO SPITTING, & NO SMOKING!!