

# East Bay Periodontics and Implant Dentistry

**Evan R. Santiago, DDS, MSD**  
Diplomate of the American Board of Periodontology

## SURGICAL / NON-SURGICAL INSTRUCTIONS

### \_\_\_\_\_ INTRAVENOUS CONSCIOUS SEDATION (IV)

Avoid eating for at least 6 hours before your appointment  
ARRANGE FOR AN ESCORT FROM THE OFFICE  
WEAR SHORT OR LOOSE SLEEVED CLOTHING  
REMOVE any NAIL POLISH (at least one finger on each hand)  
Take ALL YOUR normal MEDICATIONS unless directed otherwise

### \_\_\_\_\_ LOCAL ANESTHETIC ONLY or with ORAL SEDATION (escort home)

## PAIN OR DISCOMFORT

Use prescribed medication as needed but only as directed. If you have a problem with the medication (nausea, vomiting, lack of pain control, itching, difficulty breathing), PLEASE CALL US.

## BLEEDING

Some bleeding is normal during the first 24-48 hours. If bleeding cannot be controlled by resting with head elevated, try direct gentle pressure with a moist gauze or a moist tea bag for 5-10 minutes, up to 20 minutes. If bleeding persists, PLEASE CALL US.

## SWELLING

To PREVENT swelling you can use an ice pack, externally placed 10 min on & off, for the first 24 hours, as tolerated. After 24 hours, swelling can be reduced with warm moist heat, externally placed 10 min on & off (run a washcloth under warm water, ring out and hold on cheek next to swelling).

## EATING

### IF YOUR SURGERY INVOLVES BOTH SIDES OF THE MOUTH –

We recommend a SOFT DIET for at least 7-10 days and LOTS OF FLUIDS!  
Examples: blended foods, shakes, juices, milk, instant breakfast, pudding, soups, scrambled eggs, yogurt, ice cream, commercial dietary supplements, poached fish, cookies dipped in milk (yum!)... use your imagination. RULE OF THUMB FOR SOFT DIETS: If you can't chew it with your tongue, it's probably too hard or too chewy.

### IF YOUR SURGERY IS ON ONE SIDE OF THE MOUTH –

Please CHEW on the OTHER SIDE and stay to SOFTER REGULAR FOODS.  
In general, drink lots of WATER, WATER, WATER... that's lots of fluids!  
After surgery is NOT a good time to lose weight! Make sure you are getting enough CALORIES! Fluids, calories, ample nutrients = better healing.

## ORAL HYGIENE

Please do not brush or WaterPik the surgical site(s) until directed by us. Use the dispensed liquid as directed, *gently* wetting the surgical site with a saturated Q-Tip twice a day, in the morning after breakfast and before going to bed. Do not rub or poke the area of bone

grafting after an extraction with the Q-Tip. Brush and floss non-surgical areas and brush your tongue. GENTLE RINSING, can be done after surgery with diluted mouthwash, warm water or warm salt water, but PLEASE RINSE GENTLY! **If you are not sure what you can or cannot do, please call us.**

**After an extraction (without bone grafting)**, a dull ache that is not controlled with any pain medication, is probably a DRY SOCKET. This happens when the clot comes out of the extraction site. Treatment is effective by placing a medicated dressing in the socket. Please call us if you think you may have a dry socket.

**LOSS OF BONE GRAFT/DRY SOCKET PREVENTION:** avoid *vigorous* rinsing, suction through a straw, smoking and spitting, as all of these actions can cause the graft/clot to come out.

## TAKE IT EASY, GET PLENTY OF REST AND FLUIDS

You can expect some discomfort, some swelling and maybe some bruising. Follow up appointments will be made as needed (removal of stitches, changing or removal of dressings, oral hygiene instructions).

## A significant increase in temperature may indicate:

- 1) LACK OF FLUIDS (within the first 24 hours)
  - 2) INFECTION (after 24-48 hours)
- Uncontrollable pain or bleeding, inordinate swelling or fever constitutes an EMERGENCY.... PLEASE CALL US.

## MEDICATIONS

\_\_\_\_\_ **FOR PAIN/SWELLING:** Naproxen Sodium 220mg (Aleve, blue envelope)\*  
Take **2** tablets every **6-8** hours for the first **5 days**, then as needed

\_\_\_\_\_ **FOR PAIN/SWELLING:** Ibuprofen 200mg (Advil, packets)\*  
Take **3-4** tablets every **6-8** hours for the first **5 days**, then as needed

\_\_\_\_\_ **FOR PAIN:** Acetaminophen 325mg (Tylenol, manila envelope)  
Take **2** every **4-6** hours for the first **24** hours, then as needed. Do not exceed 8 tablets in a 24 hour period.

\_\_\_\_\_ **FOR PAIN: \*ADD** Acetaminophen 325mg (Tylenol, manila envelope)  
Take **2** every **4-6** hours for the first **24** hours, then as needed

\_\_\_\_\_ **FOR PAIN:** Prescription for Oxycodone  
**ADD** to above medication **half to one** tablet every **4-6 hours as needed**

Drug	Take	Reason
------	------	--------

**Office Phone: (510) 547-1300**  
**Dr. Santiago's Cell: (408) 309-3773**