

One Week Post Surgical Instructions

At today's visit you will be given an extra soft toothbrush. This toothbrush is to be used with your regular toothpaste on the surgical area only, until your next follow up appointment. Continue to use your regular toothbrush for all other areas.

Do not floss surgical area until instructed to do so. Please continue to use the prescribed mouthwash until your next follow up appointment.

At this point you no longer need to be on a soft food diet. However, please continue to avoid foods such as popcorn, nuts, or anything containing small seeds. Rinse with either mouthwash or water after every meal to keep the surgical area clean.

It is not unusual to still experience some slight discomfort, sensitivity or tissue discoloration. If you are experiencing any discomfort we recommend taking an over the counter pain reliever as directed. If symptoms persist or worsen, (i.e. swelling, extreme pain, excessive bleeding) please call our office.

Your next appointment will be in 3 to 5 weeks with Dr. Ramdev.