

# Central Park Dentistry

General, Cosmetic, Prosthetic, Implant & Pediatric Dentistry

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[www.cpsdent.com](http://www.cpsdent.com)

## **Post-Operative Instructions**

Please read the following instructions. If you have any urgent questions please contact the office at (212) 486-6211. If you reach our answering service leave a message and we will get back to you as soon as possible. After surgery we recommend that you go home and rest for the remainder of the day. Do not exert yourself and do not smoke for the next 24 hours. Follow instructions for prescribed medications.

### **If you have had Gum Surgery, an Extraction, Bone Grafting, and/or Placement of Dental Implants:**

- Do not exercise for 48 hours.
- **Do not rinse your mouth for 48 hours.**
- Eat soft foods on the opposite side, avoid eating spicy and/or acidic foods.
- Keep away from surgical area with your toothbrush for 1 week unless otherwise specified.
- Apply ice for ten minutes several times during the next 24 hours.
- If you have had a Bone Graft, you may notice a few particles in your mouth. This is not cause for alarm and is not uncommon as part of the normal healing process.
- Avoid expectorating (spitting) as this tends to promote bleeding.
- If you experience prolonged or recurrence of bleeding, bite down on gauze or a wet tea bag for 20 minutes.

### **If you have had a Sinus Lift (Graft):**

- Do not exercise for 48 hours.
- Eat soft foods on opposite side; avoid eating spicy and/or acidic foods.
- Keep away from surgical area with your toothbrush for 1 week unless otherwise specified.
- Apply ice for ten minutes several times during the next 24 hours.
- Sleep with your head elevated (use an extra pillow).
- Do not blow your nose on the affected side.
- Try to avoid sneezing, but if necessary, sneeze with your mouth open.
- Report blood and/or bone particles escaping through nostril. This is not a cause for concern, but should be reported.

If you have sutures, they will dissolve in 7-10 days, unless otherwise specified. Do not hesitate to contact the office. We will be glad to answer any questions or concerns you may have.