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Post-Surgical Instructions

The following has been prepared for you to help answer the many questions we know you may have regarding the surgery that has just been performed. Please read the instructions carefully.

On day of surgery and for the first 24 hours:

RICE- Rest, Ice, Compression, Elevation

No rinsing, No spitting, No brushing, No drinking through a straw and No hot or spicy food.

1. REST

Rest is an important part of your recovery. Your body takes time to heal, allow it. Even if you start to feel better, delay chewing and brushing aggressively on the surgical area until Dr. Copulos says the area is ready. Reduce exercise intensity and no swimming for the first two weeks after surgery.

2. ICE (Swelling)

Immediately following the surgery, Place an ice pack to your face over the operated area (outside face) using it for 10 minutes on then 10 minutes off. Repeat for 5 to 8 hours. This will help reduce the swelling. If some swelling occurs after using the ice, do not be alarmed. Some swelling is normal. Occasionally, some swelling will occur the second or fourth day after surgery. This is normal. Use warm compress to reduce the swelling after the first 24 hours of surgery.

3. COMPRESSION (Bleeding)

A slight oozing of blood will appear in your saliva for several hours after surgery. This will almost always stop without attention. If you were told to bite on gauze, do so for 30-45 minutes before changing. Otherwise, if there is considerable bleeding, place a black moist tea bag between the thumb and forefinger, applying pressure to both sides of surgical site, hold with firm pressure for 20 minutes without removing for examination. Repeat if necessary. Do not try to stop the bleeding by rinsing. If bleeding persists call the office.

4. ELEVATION

After the procedure, you may want to lie down and rest. When you do, elevate your head above your heart using two pillows. Cover the pillows with a towel in case you are still oozing.

5. DISCOMFORT

Some discomfort will usually be present for 5 to 7 days. Take the medications prescribed for discomfort. Do not wait until discomfort becomes intense before starting medication. Stop taking if nausea occurs. Take medications with food and or up to 8oz of water to reduce stomach upset. If narcotics are prescribed do not drive while taking.

6. BRUSHING AND RINSING

Continue to brush and floss areas where surgery was not done. Do NOT brush or floss the surgery site at all until directed by doctor. An ultra-soft toothbrush will be given to you after the second week of surgery for brushing the surgical area. You may use salt water rinse or prescribed mouth rinse starting the day after surgery.

7. NIGHTGUARD

If you wear a night guard or any other appliance please continue to do so unless told otherwise.

If fever, excessive swelling or any other problems arise, Call us at 561-338-7115 or Dr. Copulos at 561-706-3562.

DIET

It is important to eat and drink fluids after surgery. Chew on opposite side of surgery. No hot or spicy food or liquids for the first 24 hours after surgery. Avoid hard, highly seasoned, and acidic foods. No nuts, seeds, popcorn, etc. for 2 weeks. A sample diet is included. The patient, who maintains a good diet of soft food generally feels better, has less discomfort and heals faster.

Sample Diet

BREAKFAST

Apple Juice
Cold Cereal
Scrambled Eggs
Roll
Butter/Oleo
Grape Jelly
Coffee
Tea
Whole Milk

LUNCH

Cream Pea soup
Egg Salad
Apple Sauce
Lime Gelatin
Soft Bread
Butter/Oleo
Coffee
Tea
Whole Milk

DINNER

Baked Fish
Mashed Potatoes
Lemon Sherbet
Soft Bread
Butter/Oleo
Coffee
Tea
Whole Milk

Sample Diet II

BREAKFAST

Prune Juice
Cold Cereal
Poached Eggs
Soft Bread
Butter/Oleo
Honey
Coffee
Tea
Whole Milk

LUNCH

Clam Chowder
Spaghetti & Meat sauce
Mash Potatoes
Vanilla Ice Cream
Roll
Butter/Oleo
Coffee
Tea
Whole Milk

DINNER

Ground Tender Loin
Sweet Potatoes
Strawberry Jell-O
Roll
Butter/Oleo
Coffee
Tea
Whole Milk