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**ANTHONY M.  
POLIMENI, DMD, PC**

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PERIODONTICS & DENTAL IMPLANT SURGERY

**Post Operative Instructions  
Following  
Periodontal Surgery**

1. When the Novocain wears off, you may experience some discomfort in the form of a dull ache. Please take your pain medication as directed. Remember, it is much easier to keep up with pain than to catch up to pain.
2. If a periodontal dressing or packing has been placed over the surgical area please try to retain it in place until your next appointment. If the pack falls off prematurely, do not attempt to replace it yourself. Call the office if the packing comes off within the first three days post surgically.
3. Do not brush or floss the surgical area until you are instructed to do so.
4. Do not chew on the side where surgery has been done.
5. Do not rinse with ANYTHING for the first 24 hours. After the first 24 hours you will begin rinsing with your prescription mouthwash twice daily. Warm salt water rinses may be used in between rinses with your prescription rinse.
6. Swelling may be apparent up to 5 days following surgery. This does not mean the area is infected. Use your ice pack as instructed and take your antibiotic, if prescribed, faithfully.
7. Avoid strenuous exercise the day of your surgery. You may resume your normal exercise schedule the day after your surgery.
8. You may feel tired and even weak following your surgery. This is normal and should not concern you.
9. Slight bleeding is normal following surgery and may occur for the first day or two after surgery. Heavy bleeding is NOT normal and you should call the office if this occurs.
10. Please do not hesitate to call the office with any questions.

***Please feel free to call us if you have any questions.  
Office Number (631)424-1234  
Emergency Number (516)650-0598***