

## Frequently Asked Questions:

### ***When do I start my antibiotic?***

- Please refer to your prescription where the directions should be clearly indicated. If you have concerns about when, please call the office at 415-457-0343.

### ***My surgical site is bleeding, what do I do?***

- Some slight bleeding is normal. Try to avoid repeatedly spitting or rinsing your mouth during the first 3-4 hours after surgery as this will encourage bleeding. If bleeding persists, apply a cool tea bag to the area with firm but gentle pressure for 15-20 minutes. You can also try using an ice pack for 20 minutes on, 20 minutes off for 1 hour. Avoid smoking and the use of alcohol as they will interfere with normal blood clotting and will irritate your mouth.

### ***My sutures are loose, do I come in?***

- This may be happen, and there is no need to come in. We will remove the stitches at your Post-Op appointment. If you are really concerned, you can take a picture and send it to [reception@amayanytkoperio.com](mailto:reception@amayanytkoperio.com) and we will have one of our surgical assistants call you and advise from there during our normal business hours (*Monday – Friday: 8:00 a.m. – 4:30 p.m.*). If you are experiencing a dental emergency outside of our normal business hours, call 415-457-0343 for the on-call doctor information.

### ***My sutures are too long, may I trim them myself?***

- No, please do not trim your sutures. We will remove the stitches at your Post-Op appointment. If you are really concerned, you can take a picture and send it to [reception@amayanytkoperio.com](mailto:reception@amayanytkoperio.com) and we will have one of our surgical assistants call you and advise from there during our normal business hours (*Monday – Friday: 8:00 a.m. – 4:30 p.m.*). If you are experiencing a dental emergency outside of our normal business hours, call 415-457-0343 for the on-call doctor information.

### ***My bone graft is gone, what do I do?***

We over pack the surgical site with grafting material, so what you may be experiencing is a bit of extra graft coming out. This is normal. However, if you are really concerned, you can take a picture and send it to [reception@amayanytkoperio.com](mailto:reception@amayanytkoperio.com) and we will have one of our surgical assistants call you and advise from there during our normal business hours (*Monday – Friday: 8:00 a.m. – 4:30 p.m.*). If you are experiencing a dental emergency outside of our normal business hours, call 415-457-0343 for the on-call doctor information.

***How soon after surgery can I get my teeth cleaned?***

- You can typically get your teeth cleaned any time after surgery. Please advise the hygienist to avoid the surgical site if the cleaning is within 2 weeks of the surgery.

***What foods can I eat after surgery?***

- Something cold to drink or soft to eat is recommended the day of surgery; however, any soft food is okay. Try to eat softer foods up until the day of your post-operative appointment. Avoid hard, crunchy, and chewy foods for 2-3 weeks following surgery as they may prematurely remove the sutures or cause additional trauma to the area. For a list of suggested foods, please see our [Suggested Soft Food List](#) under the [Procedures](#) tab of the website.

***How long is recovery?***

- You should be able to go back to work the day following surgery. Please limit your physical activity and avoid aerobic activity for 24-48 hours after surgery.