

POST OPERATIVE INSTRUCTIONS

1) ACTIVITY

After leaving the office, relax for the remainder of the day. Avoid strenuous activity for several days.

2) SWELLING

Some swelling may be present the day after the surgery and may peak at 48-72 hours after surgery. Rinsing with cold liquids is very important for reducing swelling, discomfort, and bleeding. Sip ice water, iced tea, frozen yogurt, milkshakes, or similar cold liquids and keep the surgical area cold for the remainder of the day after surgery. Do not use a straw, as suction can start bleeding. Swelling for surgeries in the lower jaw can also be minimized by placing an ice pack over the operated area on the outside of the face for the remainder of the day after surgery alternating on and off at 10 minute intervals.

3) BLEEDING

There should be minimal bleeding after the surgery is completed. There may be a pink discoloration of your saliva for several hours, frank bleeding (bright red) is not to be expected. Should bleeding occur, place a moistened tea bag (not herbal tea) over the area and hold it again the bleeding site. It may take several minutes before the bleeding stops. If there is no change in the amount of bleeding call the office immediately.

4) EATING

It is necessary to maintain a relatively normal diet throughout the course of healing. For the first few days, soft foods can be eaten. Chewing should be done predominately on the side opposite the surgical site. It may be necessary to stick to liquids for the first day, if chewing is uncomfortable.

5) CARE OF THE DRESSING

If a dressing has been placed over the surgical site, try to stay away from it the first few days. The dressing is primarily for comfort. If the dressing should become loose or fall off, and there is no increase in the level of discomfort, it is o.k. to leave it off.

6) ORAL HYGIENE

It is important to maintain a normal level of oral hygiene in the non-operated areas by brushing and flossing.

7) MEDICATIONS

Please follow the instruction on the bottle for any medications prescribed. If any adverse reaction to those medications should arise, such as nausea, itching, swelling, or any allergic symptoms, please contact the office immediately and discontinue all medication immediately. Generally, I prescribe three medications for periodontal surgery patients. An anti-inflammatory pain killer such as ibuprofen will help prevent swelling along with reducing pain. Be sure to have some food in your stomach when taking this medicine – it can upset stomachs. This is your “baseline” pain medication. Acetaminophen with hydrocodine is a narcotic pain reliever and can be taken in addition to ibuprofen, if there is still discomfort. Since acetaminophen with hydrocodone can cause drowsiness, it is best taken before bedtime, if needed. Rinsing with chlorhexidine or Listerine mouthrinse can be begun the day after surgery. This mouthrinse will keep the surgical area clean while it healing. Rinse twice daily for 30 seconds and then do not rinse or eat for one hour.

8) PROBLEMS OR QUESTIONS?

If you need to contact me and cannot reach me at my office, my cell phone number is

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