

# **POST-SURGICAL INSTRUCTIONS**

## **INSTRUCTIONS PRIOR TO SURGICAL THERAPY IN OUR OFFICE:**

1. Surgical therapy is done in our office under a local anesthetic. However, you may select to be sedated with either oral or nitrous oxide sedation. Please let us know if you would like sedation or if you have any questions regarding these sedation techniques.
2. Please dress comfortably, especially for longer procedures.
3. Proper nutrition plays a major role in helping the healing process. We encourage you to have a well-balanced diet preceding surgery as well as post-surgically. A diet high in protein is desirable. You should eat a normal meal prior to your appointment and avoid caffeine drinks the day of treatment. Also, avoid foods high in sugar as high blood sugar can adversely affect your healing.
4. You should take your normal medications, especially those individuals on diabetic, hypertensive, or seizure medications. If you have any question, please call our office.

## **INSTRUCTIONS FOLLOWING YOUR SURGICAL THERAPY:**

### **ACTIVITY:**

You should restrict your activities the day of and the day after surgery, being sure to get plenty of rest.

### **MEDICATION:**

SO THAT YOU CAN REMAIN AS COMFORTABLE AS POSSIBLE, WE SUGGEST THAT YOU TAKE ONE DOSE OF THE MEDICATION FOR DISCOMFORT BEFORE THE ANESTHETIC HAS A CHANCE TO WEAR OFF.

After the first dose, take the medication as prescribed. However, if you feel you don't need the strong pain medication, you may switch to taking something like Tylenol. Two to three tablets of Tylenol may be taken every 3-4 hours.

You should not take pain medications on an empty stomach, since this may cause nausea. If nausea persists, we may need to call in additional medications to prevent the nausea.

If we have prescribed antibiotics, you should take dose as indicated until you have finished the prescription.

If you develop itching, a rash, diarrhea, or any other allergic response, stop taking the medication and call our office immediately!

**DO NOT COMBINE ALCOHOL, TRANQUILIZERS, OR SLEEPING PILLS WITH THE PAIN MEDICATION!!!**

**SWELLING** – In some cases swelling may occur and increase up to three days. This is a normal healing response, but you can reduce the swelling with ice packs (15 minutes on/ 10 minutes off) for the first two days. You should begin using ice immediately after the surgery. However, if the swelling extends into the neck and/or if there is an elevation of your temperature above 101 degrees F, please call our office as soon as possible.

**BLEEDING** - You will probably experience a slight oozing of blood for up to 24 hours, and this may mix with the saliva, making it appear that there is more volume. Holding strong ice tea in your mouth or applying pressure with moistened tea bags can stop most bleeding. If excessive bleeding occurs, please contact our office.

**DIET** – A balanced diet is especially important for a speedy healing response. At first, you might find it difficult to eat, so you may want to eat smaller amounts more often, and eat softer foods requiring less chewing. Stay away from brittle foods or liquids high in acid or sugar content. You may supplement your diet with liquid drinks, such as Nutriment, Metrecal, or Seago.

**ORAL HYGIENE** – You will need to avoid brushing at the gum line and flossing altogether in the area of surgery, but you need to brush and floss the other areas as normal. The prescription mouth rinse will help to keep the surgical areas clean, and should be used as directed.

**PAIN** – As with any corrective therapy, some discomfort follows corrective periodontal therapy. The amount of discomfort varies with different patients and in different procedures, and the level of pain is not necessarily related to the severity of the disease. Take the prescribed pain medication as necessary and keep ice packs on the areas to reduce your discomfort. If your pain is not alleviated with these measures, please call our office.

**ADDITIONAL INSTRUCTIONS:**

1. We strongly discourage smoking during the first few weeks of initial healing. Smoking will delay the healing period and compromise the final results of your treatment, and as you might expect it will also increase the level and duration of your discomfort.
2. **DO NOT** drive or operate machinery while taking sedatives or narcotic pain medications.
3. Should you have any problems or questions, please call our office. I would much rather hear from you, than find out that there was a problem that we could have helped.

**INSTRUCTIONS FOLLOWING THE REMOVAL OF YOUR SUTURES:**

1. Following the removal of your sutures, the remaining soreness and any sensitivity should continue to decrease, but this may take up to 1-2 more weeks.
2. It is important to keep the area of surgery clean in order to promote the healing response. For this reason, we suggest that you continue to use the mouth rinse for the next 1-2 weeks as you become comfortable with your normal brushing and flossing of the area. You should begin by brushing very lightly and with gentle brush strokes, increasing pressure as the healing improves.
3. You may experience sensitivity to sweets and to extremely hot or cold foods or liquids for the next several weeks. The cleaner you are able to keep these sensitive areas, the sooner you will find improvement.
4. You may find an increase in tooth mobility during the first stages of healing. This is considered normal, and should gradually decrease as the healing is completed.
5. There may be some staining of your teeth due to the medicine in the mouth rinse, especially if you smoke, or drink coffee or tea. This staining is not permanent, and we will remove it once we have completed your treatment.