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Cosmetic · Implant · General Dentistry
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POST-SURGICAL INSTRUCTIONS
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DISCOMFORT

Some discomfort should be expected following periodontal surgery, especially the evening of the procedure. Ibuprofen (Advil, Motrin), Naproxen (Aleve), or Acetaminophen (Tylenol) can be used to control pain. Take the prescribed medication(s) immediately after the appointment before the anesthetic wears off, then the same dosage at the time intervals instructed only as needed. Drink an entire glass (8 oz.) of water with the medication each time to avoid stomach upset and to keep hydrated. Some patients continue to use medication for several days and some use none at all.

If you feel stronger pain control would be desirable, a prescription will be provided. A prescription medicine for pain may make you lightheaded and slow your reactions; therefore, driving and hazardous machinery should be avoided. ***AVOID ALCOHOLIC BEVERAGES WHILE TAKING MEDICATION.*** Aspirin is not recommended post-surgically. Aspirin is a blood thinner and may interfere with clotting if taken in excess. If your physician has prescribed aspirin products for you, please discuss this with us.

ANTIBIOTICS

Antibiotics may be prescribed for you. Take them according to directions until gone. ***ANTIBIOTICS WILL INTERFERE WITH ORAL CONTRACEPTIVES/BIRTH CONTROL PILLS.*** Consult with your gynecologist if this pertains to you. Take all other medications you would normally take as prescribed unless specifically instructed not to.

BLEEDING

Any bleeding will have stopped prior to your dismissal from our office. You may, however, note some blood in your saliva during the first few days. Avoid excess pressure in your mouth (i.e. using a straw, spitting, or excessive swishing of fluids). If bleeding does begin, try firm thumb or finger pressure for 10 minutes. If it still continues, place a piece of cold moist gauze or a tea bag over the area and apply firm pressure for an additional 10 minutes. If bleeding still continues, please call our office.

SWELLING

Mild to more significant swelling can occur after surgery. This may increase for up to 3-5 days, and may be worse in the morning. To decrease swelling, place an ice pack over the surgical area immediately, 15 minutes on, 15 minutes off, for at least 6-8 hours following surgery (24 hours preferable). Do not apply heat as that may increase swelling.

SUTURES

Generally, we use long-term absorbable sutures to hold the tissue in place and encourage clot formation. These, however, may need to be removed 1-2 weeks following surgery.

DIET AND ORAL HYGIENE

Use caution until the anesthetic wears off. Follow a soft diet stressing foods and plenty of liquids for the next 3-4 days. If possible, chew on the side opposite the surgical area for the first week or two. Avoid sharp, hard foods like nuts, chips, or popcorn. Proper healing requires plenty of fluids, adequate nutrition and extra rest. Pamper yourself. Use a mouth rinse (i.e. Peridex, Perioguard, Listerine, Scope) 2-3 times per day starting the day *after* surgery to kill bacteria. Brush and floss as usual on all areas except the area of surgery until directed to do so.

PHYSICAL ACTIVITY

Avoid strenuous physical activity during your immediate recovery period, usually 2-3 days

SMOKING

All smoking should be stopped until after your sutures have been removed to ensure the best healing and success of your surgical procedure. *Healing results and success rates are significantly worse in smokers than in non-smokers.*

ALCOHOL

All intake of alcohol should be stopped until after your sutures have been removed and minimized for the next several weeks after suture removal to enhance healing. The combination of alcohol and certain pain medications is not recommended.

DO NOT'S:

For the next several days, *DO NOT* spit, smoke, rinse hard, drink through a straw, create a “sucking” action in your mouth, use a commercial mouthwash, drink carbonated soda, or use an oral irrigating device. *DO NOT* attempt to look at the surgical area during the first 2 weeks as doing so may cause the sutures to rip and open the surgical area up, possibly causing the need for the surgery to be repeated.

INSTRUCTIONS FOR TAKING MEDICATIONS

ANTIBIOTICS:

1. Start medication one hour prior to surgical appointment
 2. Take _____ pills prior to your surgical appointment
 3. Continue medication until all gone (taking one pill _____ times a day)
 4. Other instructions:
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PAIN MEDICATIONS:

1. Take for pain as needed following prescription exactly **after** surgical appointment
2. With certain medications, do not drink, drive, or operate heavy machinery

MOUTH RINSE:

1. Brush all teeth except those in the surgical area normally
2. Rinse with mouth wash 2x a day for 30 seconds after brushing
3. Do not wash out mouth after using rinse

OTHER MEDICATIONS:

1. Take as instructed only
2. With some medications, an escort to and from the appointment will be required

OTHER INSTRUCTIONS:

1. Drink an entire glass (8 oz.) of water with every medication each time to avoid stomach upset
2. AVOID ALCOHOLIC BEVERAGES WHILE TAKING MEDICATIONS

Note: If you experience uncontrollable discomfort, bleeding, or excessive swelling starting a few days after the surgery, or if other questions arise, please contact our office