Post Operative Instructions

Please take the time to read these instructions following your treatment today as it will help you to understand what to expect following your procedure. These instructions are to serve as a general guideline for your use following surgery, however if you have questions or an emergency you may contact________________________________________

Today the following procedure(s) was completed for you:

- Tooth Removal
- Bone Graft Placement
- Membrane Placement
- Dental Implant Placement
- Sinus Elevation
- Second Stage (uncovery)
- Scaling and root planning
- Gingival Grafting
- Frenectomy
- Biopsy
- Crown Lengthening/Osseous Surgery
- Gingivectomy

Immediately following your treatment you will remain numb or partially numb for up to 4 hours. This will depend on the amount of anesthesia given as well as your individual body metabolism. During this time please avoid chewing as you may inflict harm on the surgical site or to other oral structures such as your lips or tongue. It is very important to avoid “playing” with sutures or the surgical area in general with your fingers or tongue, this can cause premature loosening of sutures and exfoliation of dressings.

Following any surgical procedure the following is considered normal: moderate (sometimes severe) discomfort for up to 72 hours following treatment. Bleeding that may continue for several hours following treatment. If you take medications which thin the blood such as Coumadin, warfarin, aspirin, ibuprofen or certain supplements like those high in Omega-3 you are more likely to have slightly more swelling, bleeding, bruising and discomfort. It is important to note that a small amount of blood mixed with saliva will often look like a large volume of fluid; gentle pressure with gauze will usually help stop this bleeding as well as sitting upright with your head elevated above the level of your heart. You can also use a cold, moist tea bag can instead of gauze (in most cases this works better than gauze) as the caffeine will often help slow bleeding. Avoid any strenuous exercise or activity for 36hrs after surgery.

Sensitivity of teeth or other oral structures is also not uncommon following treatment. You may have jaw soreness as a result of keeping your mouth open for an extended period of time as well. Sensitivity can be as a result of biting pressure, temperature (hot/cold) or oral appliances that have been fabricated for you. Most of the time, pain or sensitivity following treatment is associated with plaque accumulation so if you have been instructed, maintain gentle plaque control measures in the area where treatment was completed.

For certain types of procedures the development of swelling following surgery is unavoidable. Those procedures lasting less than fifteen minutes are not usually associated with swelling. Those lasting 15-45 minutes may be accompanied by mild-moderate swelling. Those lasting 45 minutes to 90 minutes may be accompanied by moderate swelling and those lasting longer than 90 minutes may have significant swelling that persists for three days or more. As long as you are not feverish (above 102 degrees for 24 hours) there is generally no need for concern. Take your medications as they have been prescribed to you. If you have problems with the medication please discontinue their use and contact your doctor. Swelling can be minimized by the application of cold packs to the outside of the face where surgery was completed. Ice water can also be held in the mouth (if tolerable) to help minimize swelling.

*Smoking* It is extremely important that you avoid cigarette smoking following treatment. Cigarette smoke inhibits normal healing and can result in the failure of treatment. Following the manipulation of gum tissue, jaw bone and teeth smoking will constrict the capillaries that are necessary for the delivery of vital nourishment to the area following surgery. The most critical period of time is the first three days following treatment and one week if bone grafting, dental implant placement or sinus elevation was completed.

*Sinus Lift/Elevation* If you have had a sinus lift completed you are required to use an antihistamine for a period of two weeks in addition to your other medications following the procedure. Avoid sneezing or nose blowing during this time. You may experience slight nose bleeds during the first two days and this is considered normal.

*Tissue graft: If you have had a gum graft and tissue was harvested from the palate of your mouth, you may be given a tray called a “palatal stent” which is designed to protect the roof of your mouth. It is best if you try to leave this in place as much as possible for the first few days. The palatal stent/tray can be removed to clean several times a day. Use caution in removing and replacing the tray if any portion of it is close to the area where your gum graft was completed (to avoid disturbing stitches).
Post Operative Instructions

ICING is most important applied to the outside of your face/cheeks near the surgical area during the first 24 hrs. Apply a cold pack/ice in a ziplock bag to the exterior of your face for 20 minutes at a time giving yourself breaks. This is only effective during the first 24 hrs. After the initial 24hr time period ONLY apply HEAT to the exterior of your face (this will increase blood flow, carry away fluid causing swelling, and improve discomfort) for no more than 20 minutes at a time several sessions per day. Gentle rinsing with cold salt water for the first day following treatment and warm salt water thereafter can be completed up to five times a day. This does not mean rinsing vigorously, rather gentle head movements in either direction.

If sutures and/or a dressing (putty-like packing) has been placed they may start to exfoliate after five days and any remaining sutures (or dressing) will be removed at your first post operative visit. If this visit was not made for you before leaving please email our office or call.

The following classes of medications have been prescribed for you.

Rinses: Peridex (Chlorhexidine) OTC Crest Prohealth or Listerine At home salt water rinses

If Peridex has been prescribed please use it twice daily for 10 days after surgery. Light brushing after use of Peridex will help prevent short term staining of the teeth. If you are wearing a denture please remove the denture when using Peridex.

Antibiotic: Amoxicillin Metronidazole (No alcohol) Clindamycin Cephalexin No AB necessary

Azithromycin 250 mg (Z-Pak)

Your antibiotic has been prescribed because the mouth is a dirty place! Use your antibiotic as directed on the bottle. If you develop itchy/scratchy skin or have trouble breathing please discontinue the use of the antibiotic and contact your doctor or call the office. If this itching persists please start taking oral Benadryl and contact your physician. Some gastric upset is common with the use of antibiotics, however if you feel severe stomach upset, with frequent (5+ times daily) diarrhea, please contact your doctor as a change may be required.

Anti-inflammatory: Ibuprofen 600mg Ibuprofen OTC Tylenol

Anti-inflammatory medications like ibuprofen are excellent in maintaining a low level of inflammation following treatment, reducing soreness in jaw muscles and providing pain control following treatment. The doctors recommend the use of Ibuprofen either prescription (if prescribed) or over the counter (Tylenol can be used interchangeably) for at least three days following treatment and longer if discomfort, swelling or pain persists.

Pain Medication: Hydrocodone (aka Norco) Percocet (aka Oxycodone) Tramadol Tylenol #3

Opiate mimicking drugs like Norco/Hydrocone and Percocet all can be associated with drowsiness, sleepiness, sleeplessness, nausea and mild feelings of euphoria. If you feel sick to your stomach or vomit following treatment, it is usually due to the pain medication. It is possible to halve your medication by cutting the pill in half or quarter the pill initially until you have built a tolerance to the medication. Your doctor can provide refills on pain medication on an as needed basis, however in most instances this is not required.

In summary, use your best judgment following your treatment. It is not advisable to exercise vigorously or plan a long meeting for the few days after treatment. Although most patients experience minimal discomfort following treatment these guidelines should help to instruct you on what to expect following treatment. As always please feel free to contact the office with any additional questions. We consider it a privilege to take part in your oral care. Please contact the office with any questions about these or any other instructions that were given to you following your visit.
Nutrition After Periodontal and Dental Implant Surgery

For the week following Surgery: Good nutrition is always important. For the next week it is even more important for you to eat well-balanced meals. If you eat enough of the foods your body needs every day you may heal faster and with less discomfort.

Not Hungry? You may not be interested in eating now. You may not be hungry for the next few days. This is not an unusual experience following surgery. If you do not feel hungry, be sure that your meals are good to look at as well as to eat. An attractive meal will stimulate your appetite more than a drab one.

How to Eat: You may find chewing slow, difficult, and uncomfortable. It may be easier for you to eat small meals throughout the day rather than your usual 3 meals. As long as you eat the necessary amounts of food it is not important when you eat during the day.

What to eat: You should not eat or drink any foods or liquids for at least 6 hours following surgery. In the days immediately following your surgery, it is recommended that you eat soft food and avoid any hard foods. This does not mean that you can only eat soup and juice for the next week. There are many good nutritious foods. The following are some suggested foods from the basic food groups that will be suitable for your temporary soft diet:

- Ground, minced, or Pureed Meat
- Seafood, Tuna, Salmon, Shrimp
- Eggs
- Stewed or Pureed Fruits and Vegetables
- Fruit and or Vegetable Juices
- Soup
- Hot or Cold Cereals
- Cream of Wheat
- Bread or soft rolls
- Yogurt
- Cottage Cheese

You may find acidic juices such as orange juice are irritating to tender tissues around the surgical sites. Diluting the juice may be more comfortable for you.