

Post-Operative Care

CARE OF THE MOUTH

Brushing and Flossing. The day following surgery, begin brushing and flossing those areas not operated upon. AVOID THE SURGICAL SITES until given specific brushing instructions at your post-operative visit. You may notice a white film over the surgical sites. This is completely normal.

Mouth Rinse. Use the prescribed mouth rinse to clean the surgical sites beginning the morning after surgery until instructed to discontinue. Use a cotton swab dipped with mouth rinse to clean the surgical areas.

Electric Toothbrushes. DO NOT use an electric toothbrush such as a Rotadent, Sonicare or Oral-B Braun for six weeks following surgery.

Water Pik or Hydro-Floss. DO NOT use a Water Pik or Hydro-Floss for at least six weeks following surgery.

EATING

First 24 Hours. Adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to COLD LIQUIDS. Dietary supplements, such as Carnation Instant Breakfast or Ensure are good choices. AVOID PEROXIDE, ALCOHOL, AND CARBONATED BEVERAGES.

It is very important that you do not drink through a straw, swish, or expectorate.

After 24 hours. Gradually progress to soft foods such as cooked vegetables, baked fish, tuna, pasta and meatloaf, which are easily chewed and swallowed. DO NOT SKIP MEALS. If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster. Do not eat foods with sharp edges, and stay away from foods that have small seeds for the first week. You may rinse with warm salt water four to five times a day.

ACTIVITIES

Rest. Plan to rest at home the remainder of the day of surgery and the following day. You may read, watch TV, or work at your desk at home. When sleeping, elevate your head to decrease swelling.

After 24 hours. You may return to your regular schedule but avoid strenuous activities such as heavy lifting, jogging, exercise programs, etc. for one week following surgery.

Appliances. In some surgical procedures, a palatal appliance will be made for your comfort during healing. You will be given proper instructions for use.

MEDICATIONS

Pain Medications. Take pain medication within one hour after treatment with milk, fruit juice, or a full glass of water. Never take pain medication on an empty stomach. This medication may be repeated every three to four hours as needed for discomfort. If nausea persists, discontinue use and call the office. **DO NOT USE ASPIRIN** or products containing aspirin for one week following surgery. Aspirin, Advil, and Aleve can contribute to bleeding problems. Only the non-aspirin pain reliever, Tylenol is acceptable.

Antibiotics. Take prescribed antibiotics as directed until all have been taken.

Steroid Dose-Pak. If prescribed, take as directed. If the appointment is late in the day, it is important to take all six tablets the day of surgery.

SWELLING

Ice Packs. Some swelling usually occurs after periodontal surgery. To minimize this, you will be advised to use ice packs. Place the ice pack on the outside of your face, over the treated area, **for ten minutes, and then take it off for ten minutes.** Continue to apply ice packs as much as possible the first 24 hours after surgery. If swelling occurs, it will be at its maximum 72 hours after surgery. Frozen corn or peas make great ice packs.

BLEEDING

Slight bleeding or oozing is normal during the first one to two days following surgery. If excessive bleeding occurs, please call our office.

SMOKING

DO NOT SMOKE for three weeks after surgery. Smoking is detrimental to healing tissues and will affect the results of surgery. If you can stop smoking for three weeks post-operatively, you may as well quit altogether.

SURGICAL PROTECTIVE APPLIANCES

Wear the appliances as instructed full-time for the first 48 hours, and after, only as needed for comfort. Do not wear the appliances full-time after the first 48 hours as the tissue requires exposure to air and oxygen in order to heal well.

SUTURES

Resorbable. The resorbable sutures used usually will be resorbed by the time you return for your post-operative visit.

Non-Resorbable. If non-resorbable sutures were placed, they will be removed at your post-operative visit. For most procedures, suture removal must be done 10-14 days after surgery unless otherwise instructed.

It is our sincere desire that you are as comfortable as possible following surgery. If you should have any questions or problems, please call our office anytime: 865-670-7477.