

POST-SURGICAL INSTRUCTIONS

These instructions are designed to instruct you in procedures that will minimize post-surgical discomfort and inform you of situations that may possibly require special attention.

1. DISCOMFORT

It is not unusual to have a certain amount of discomfort for a day or two following your surgical procedure. In many instances two Tylenol or an aspirin-free product taken every three hours, but not more than 12 tablets daily, will be sufficient to relieve discomfort. You will be given a prescription for a more potent medication to insure you of a mild post-surgical recovery period. Please take this medication to prevent the onset of pain. Medication should be taken with food to avoid stomach upset and fainting.

2. SWELLING

Minor swelling may follow your surgical procedure. To prevent or minimize swelling it is advisable to place an ice pack over the area, 20 minutes on and 10 minutes off, for the next 24 hours. Remember, the utilization of a cold compress to reduce swelling is only effective if used immediately after the surgical procedure. If after the first 24 hours, swelling has occurred, apply heat to the involved area in the form of wet or dry compresses as often is convenient.

3. BLEEDING

A small amount of bleeding is all that is necessary to discolor your saliva. DO NOT be alarmed as this normal. If excessive or continuous bleeding occurs: discontinue all rinsing, sit up in erect position (do not lie down), wipe away all clots and apply a moistened tea bag with pressure to the immediate area for twenty minutes (repeat if necessary). If bleeding continues, please do not hesitate to call our office.

4. DRESSING

The dressing (which acts as a bandage) is used to protect the surgical site and help reduce discomfort. If small pieces fall off, it is of no concern unless the area becomes uncomfortable.

5. DIET

Avoid smoking for seven days. Avoid hot foods and liquids for 24 hours. A soft or liquid diet may be used at first, but remember, adequate nutrition is essential for healing. Diets rich in quality protein, ascorbic acid and vitamin B complex are especially desirable. Foods such as liver, meat, eggs and milk as well as whole grain or enriched cereals are recommended.

6. RINSING

Do not rinse out your mouth for the first 24 hours. Then you can gently rinse your mouth with warm salt water, or a mouthwash (Listerine, Chloraseptic, Cepacol). This will help keep the dressing clean and odor-free. The Chloraseptic mouthwash will also act as a surface anesthetic.

7. SPECIAL MEDICATIONS

Antibiotics may be prescribed following your surgical procedure. It is to your advantage to take all prescribed medications (antibiotics, discomfort medications) as close to the advised time schedule as is possible. It is usually advisable not to take medications on an empty stomach as nausea may result. (This is a general rule, there are exceptions).

8. PLAQUE CONTROL

You are now aware of the significance of plaque and the importance of plaque control in the success of your periodontal therapy. Although it is not advisable to brush the dressing, it is important that you continue plaque control procedures in all other areas.