



POST-OP INSTRUCTIONS

DISCOMFORT AND MEDICATIONS

Periodontal surgery, like other surgical procedures, may be associated with varying degrees of discomfort. This depends on the procedure involved and individual differences. All medications should be taken strictly as prescribed. The interval between taking the medication and the total length of time that you are to remain on your medications has been carefully determined to give you the maximum benefit with the minimum use of drugs. Variation from the prescribed regimen can affect healing and the success of your procedure. Reduced efficacies of oral contraceptives (birth control) have been associated with range antibiotics. Therefore, we advise consideration of this when antibiotics are prescribed during your therapy.

- **Remember all prescription medications should be taken on a FULL stomach and/or after a meal!**
- **If analgesics (pain medications) have been prescribed, it is usually best to take the first dose while the surgical site is still anesthetized (“numb”).**
- *****Please start using the Peridex Mouthwash the day after the procedure, and ONLY use for 4 DAYS after procedure, then STOP!!** This can stain your teeth & tongue, and can cause bacteria to build up in the mouth.***
- **If still in significant pain, you may alternate Acetaminophen (Tylenol) 500mg and Ibuprofen (Advil, Motrin) 800mg, AS NEEDED. ***DO NOT TAKE BOTH AT THE SAME TIME, THEY SHOULD BE TAKEN 4-6 HOURS APART*****

BLEEDING

You may notice slight bleeding from the surgical site. This type of minor bleeding for one to two days is not unusual and is not a major concern. If at any time you notice the formation of large blood clots or an obvious flow of blood which is more than a slight ooze, notify Dr. Amin at once.

If you are experiencing heavy bleeding from the surgical site, place a damp BLACK TEA BAG (no green tea, or with any additives) and apply pressure to the surgical area until the bleeding has stopped. If you still are experiencing heavy bleeding, please notify Dr. Amin, who may advise you to go to your nearest emergency room.

SUTURES

Sutures (stitches) are placed to hold the gingival tissues in the proper position for ideal healing. If sutures were placed, your doctor will usually want you to return for a follow up and to remove them once sufficient healing has occurred. **DO NOT disturb the stitches with your tongue, toothbrush, or in any manner since displacement will impair healing.**

ORAL HYGIENE

Continue to brush and floss the tongue and any teeth which were not involved in the surgery (or are covered by the periodontal dressing). **The surgical area should not be disturbed for the first week post operatively, meaning no brushing or touching with your fingers or tongue.** However, you will need to begin *gently* cleaning around the surgical site with a cotton swab soaked in hydrogen peroxide. After your sutures have dissolved or been removed, generally 7-10 days after the procedure, you may begin gently rinsing with warm salt-water or a mouthwash, and should lightly clean the teeth using a soft toothbrush, or as instructed by your doctor.

DIET

For **the first 24-48 hours eat and drink everything cold** (such as ice cream, cold yogurt, cold soups). For your comfort and to protect the surgical area, a soft diet (such as fish, eggs, hamburger meat, pasta, etc.) is recommended. Avoid chewing in the area of surgery. Avoid **hard, fibrous, “sharp,” and anything foods with small seeds** (such as chips, apples, popcorn) as these may be uncomfortable and dislodge the periodontal dressing. Avoid hot food/beverages the DAY OF the surgery. Drink plenty of fluids. It is important to maintain a diet with a normal calorie level that is high in protein, minerals, and vitamins to support the post-operative healing. Post-surgery is not the time to start a diet – this could have detrimental effects on healing and lessen the chances of success of the surgical therapy.

<u>DO EAT</u>	<u>DO NOT EAT</u>
<ul style="list-style-type: none"> • Ice Cream and everything cold for 24-48 hrs. • Mashed Potatoes • Ground meats (Ground Turkey, Chicken, Beef) • Pasta • Jell-o • Pudding • Oatmeal • Eggs (any style) • Soup • Flaky Fish (halibut, tilapia, salmon) • Pancakes • Smoothies • Protein drinks • Yogurt 	<ul style="list-style-type: none"> • Pizza • Bread • English Muffins • Bagels • Sandwiches • Steak • Meat/Poultry with bones • Caramel • Popcorn • Nuts • Jerky • Chewing gum • Chips • Raw vegetables

PHYSICAL ACTIVITY

Avoid strenuous physical activity during your immediate recovery period, usually the first 48-72 hours.

PERIODONTAL DRESSING

A periodontal dressing (pink, resembling silly-putty) is often used to cover the surgical site for 7-10 days after surgery. The dressing is placed around your teeth to protect the surgical area and should not be disturbed. If small pieces break off or the entire packing falls off and you do not have any discomfort, there is no cause for concern.

SWELLING

Swelling of the operated area is not unusual and may begin after the surgery. **An ice pack may be used to help minimize swelling in the first 24 hours.** If an ice pack is not available, ice should be placed in a plastic bag and wrapped in a thin cloth towel and applied directly over the surgical area. **You should apply the ice pack as much as possible for the first 24 hours after surgery (remember- never expose ice directly to the skin) - 15 minutes on, 15 minutes off.** You should also keep your head elevated above the heart for the first 24 hours after surgery. This may necessitate the use of several pillows to support your head and upper body while sleeping. **After 4 days of using the Peridex Mouthwash have passed, start gently rinsing with warm salt-water rinses 3-4 times per day.**

SMOKING

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

ALCOHOL

All intake of alcohol should be stopped until after the removal of your non-absorbable sutures, and then minimized for the next several weeks to enhance healing. The combination of alcohol and certain pain medications is not recommended.

DO NOT's

For the next 7 days following your procedure, DO NOT spit, smoke, rinse hard, **drink through a straw causing a "sucking" action in your mouth**, use commercial mouthwash, drink carbonated soda, or use an irrigating device.

It is normal to experience sensitivity to hot and cold foods/drinks for at least 6 to 8 weeks after surgery. It also takes your gum tissue 6 to 8 weeks to heal completely after surgery. Please contact us should you have questions or concerns not listed in these instructions.

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