

## POST-SURGICAL INSTRUCTIONS

**Brushing and Flossing.** Begin brushing and flossing the areas not operated on the day following surgery. **AVOID THE SURGICAL SITES** until given specific brushing instructions at your postoperative visit. You may notice a white film over the surgical sites.

**Mouthwash.** Use the prescribed mouthwash twice daily beginning the morning after surgery until instructed to discontinue.

**Electric Toothbrushes.** **DO NOT** use an electric toothbrush such as Sonicare or Oral-B Braun for 6 weeks following surgery.

**Water Pik.** Do not use a Water Pik for at least 6 weeks following surgery.

### EATING

**First 24 Hours.** Adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to soft foods and **COLD LIQUIDS**. Dietary supplements such as Instant Breakfast or Ensure are good choices. **AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, SEEDS, AND DRINKING THROUGH A STRAW.**

**After 24 Hours.** Gradually progress to foods such as cooked vegetables, baked fish, tuna, pasta, 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.

### ACTIVITIES

**Rest.** Plan to rest at home the remainder of the day of surgery and if possible 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.

## MEDICATIONS

**Pain Medication.** 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 four to six hours as needed for discomfort. **DO NOT USE ASPIRIN** or products containing aspirin following surgery. Aspirin can contribute to bleeding problems. Non-aspirin pain relievers such as Extra Strength Tylenol are acceptable.

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

## 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 wrapped in a thin cloth on the outside of your face, over the treated area, for 10 minutes, then take it off for 30 minutes. Continue to apply ice packs as much as possible the first 24 hours after surgery.

## BLEEDING

Slight bleeding or oozing is normal during the first 1-2 days following surgery. If excessive bleeding occurs use a drained tea-bag and apply pressure for 20 minutes. If bleeding continues please call our office.

## SMOKING

**DO NOT SMOKE for 3 weeks after surgery.** Smoking is detrimental to healing tissues and will affect the results of surgery. If you can stop smoking for 3 weeks postoperatively, you may as well quit all together.

## 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.

*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:*

*(504) 831-0800*