

Post-surgical problems: In the event of any complications (fever, infection, breathing difficulty, etc) and/or questions that may arise, contact the office immediately or call Drs. Robinson & Chanatry concerning your particular problem. *Do not hesitate to call Drs. Robinson or Chanatry for advice or help.*

Special instructions:

Do not drive or drink alcoholic beverages for at least 24 hours after surgery or after taking pain medications.

DO NOT SMOKE during your post-operative period, as this will interfere healing.

8:30 a.m.—5:00 p.m.

OFC (904) 737-2040

After 5:00 p.m.

Dr. Robinson (904) 375-1532

Dr. Chanatry (904) 262-4563

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POST SURGICAL INSTRUCTIONS

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POST SURGICAL HOMECARE

General: The following advice is offered to minimize discomfort and for your safety following periodontal surgery in our office. Some comments may apply to your specific case; follow all recommendations unless directed otherwise.

Activity: Return home and rest. No strenuous exercise or activity should be performed for approximately 48 hours. Thus decreasing the chance for bleeding, bruising and increased swelling.

Pain and/or Swelling: Some swelling and temporary loosening of teeth is to be expected. Applying an ice pack as soon as possible can minimize this condition and pain. Apply it to the face and around the surgical site for the first 24 hours, with an interval of 20 minutes on and 10 minutes off. Thereafter, apply warm heat to the area with wet or dry compresses.

Dressing: You may have a dressing or a surgical pack over the area that has been treated. This protects the area from discomfort and irritation. If it dislodges and you have discomfort, call our office. Do not attempt to remove any remaining pack without first being seen.

Diet: Wait approximately one to two hours before eating except for that which is needed to take the appropriate medications as directed. Do not chew near the surgical site. A soft bland diet is suggested. Make sure you drink lots of liquids especially water and non-acidic juices. Avoid hot, hard, and spicy foods. Now is not the time to diet but rather maintain a nutritionally balanced meal plan with an emphasis on quality protein.

Mouth care: Do not rinse your mouth for the first 24 hours. Intake of fluids is encouraged during this period. However, **do not use a drinking straw to drink liquids.** Attempt to chew and swallow without disturbing the surgical site. Brush your teeth normally beginning the day after surgery on all the areas that were not surgically treated. If bleeding occurs, stop rinsing. Warm saltwater soaks are recommended **(NO SWISHING)**. Use about a teaspoon of salt to 8oz of warm water (Coffee Cup). This will cleanse the area and provide comfort to the surgical site.

Bleeding: Some mild bleeding is to be expected from the surgical site during the first 24 hours. During this period, do not suck on the wound, spit or constantly rinse your mouth. Bleeding may be controlled by placing gauze or a moist tea bag over the area and holding it for 20 minutes. Repeat if necessary. Consider sleeping with your head elevated for the first few nights using an extra pillow. **Persistent and uncontrollable bleeding must be investigated.**

Specialized Procedures:

Sinus grafting. This technique is done to help create sufficient bone to allow placement of implants. After sinus grafting procedures, it is not uncommon to experience some nasal congestion, headache, pressure under or behind eye or other symptoms of sinusitis. Blood-tinged mucus is also sometimes seen. It is important not to blow the nose immediately following the procedure and for a week thereafter. Nasal sprays are useful; do not use them, however, unless I have instructed you to do so.

Implants. Dental implants must bond to the bone if they are to be successful. Movement during the healing process may interfere with this. It is very important not to touch or disturb the implant with your tongue or during eating. Follow indicated homecare instructions and avoid eating in the area.

Bone Grafting. Bone grafting is sometimes used to regenerate or repair problems with the bone such as tooth extractions, deficient sites prior to implant placement, and defects around teeth. Small bits of graft material or bone may come through the tissues over a period of several weeks or so following surgery. These may feel like small grains of sand in your mouth. This is normal and not a cause for concern.

Gingival Grafting. This procedure is utilized to add more gums in deficient sites or root coverage. At no time should you pull on your lips to view or show the graft to anyone. Doing so could jeopardize the outcome and potentially devitalize the graft by displacement from its blood supply. A periodontal pack may be placed to protect the top of the mouth during healing. Use warm salt water to soak and soothe the area 3 or 4 times a day. This will cleanse the area and provide comfort to the graft site.