



## **Post-Surgical Treatment Instructions**

The following advice is offered to minimize discomfort and to optimize healing after periodontal surgery in our office. Follow all recommendations unless directed otherwise.

### **Pain/swelling:**

**Some swelling and bruising can be expected.** Apply an ice pack to the face localized to the area of the surgical site as soon as possible after treatment. **Continue with ice in 20 minute intervals for the first two days following treatment. Beginning the third day after your surgery, apply warm wet/dry compresses in 20 minute intervals until no longer needed.** Swelling and bruising typically subsides within 5-7 days after treatment. Be sure to begin your non-narcotic pain management protocol as soon as possible after your procedure as inflammation and pain management are very critical during the first 48 hours. Doing so will create a much more pleasant post-operative experience.

### **Bleeding:**

Some mild bleeding or seepage is to be expected from the surgical site during the first 24 hours after treatment. **Do not suck on the site, rinse excessively, spit or apply gauze.** Bleeding can be controlled by placing a moist teabag over the area and holding it for 20 minutes. Repeat once if necessary. **If bleeding persists, contact the office immediately.**

### **Activity:**

Return home and rest. To decrease the chance of a hematoma, recurrent bleeding, or increased bruising/swelling, **refrain from any physical activity, including exercise and excessive talking, for 48 hours following treatment.** Ease into any physical activity, avoiding overexertion until the site has fully healed.

### **Diet:**

Keep a strictly “*non-chewing*” diet for the first 24 hours after treatment (protein shakes, smoothies, plain yogurt, pudding). **DO NOT USE A STRAW ANY TIME DURING HEALING.** After 24 hours you may begin to eat soft/mushy foods (scrambled eggs, macaroni and cheese, mashed potatoes). Be sure to avoid the surgical area while eating by chewing with the opposite side of the mouth. Avoid eating foods with tough/crunchy textures, spicy/acidic foods or drinks, and high temperature foods or drinks. Avoid carbonated beverages such as soda and seltzer waters. It is advised to supplement your diet with protein shakes (Boost, Ensure, Muscle Milk) to ensure proper nutrition while healing. Drink plenty of liquids especially water and low acidic juices. **Do not drink alcohol for at least 24 hours after the procedure, but it is recommended to continue to avoid it throughout the course of antibiotics.**

### **Mouth care:**

Do not rinse your mouth or brush your teeth for the first 24 hours. You may brush your tongue by dipping your toothbrush in an alcohol-free mouth wash, if desired. **You will not rinse with mouth wash of any kind while you are healing.** After 24 hours you can brush and floss your teeth normally, avoiding any areas treated. To clean the treated area, warm saltwater soaks are recommended. Dissolve a teaspoon of table salt in 8oz of warm water and allow a mouthful of the solution to soak at the surgical site for 30-60 seconds, **DO NOT SWISH OR SPIT.** It is recommended to soak 5-6 times daily, especially after eating, to cleanse and comfort the site. Continue the soaks throughout the healing period until advised to stop. If bleeding occurs, stop rinsing and call the office. **DO NOT SMOKE DURING HEALING PERIOD.** Smoking will interfere with and delay healing.

### **Dressing/Sutures:**

You may have a dressing or surgical perio-pack over the treated area. This protects the area from discomfort and irritation. The perio-pack typically begins to loosen within 3-5 days after the procedure. If it dislodges and you have discomfort, call our office. **Do not attempt to remove any packing without being seen.** The type of sutures (stiches) used will depend on the type of procedure completed; you will be informed of any dissolving sutures placed. **Do not pull or cut any sutures without being seen.**

## **Specialized Procedures:**

### **Sinus Grafting:**

**DO NOT FLY IN ANY AIRCRAFT FOR 2 WEEKS FOLLOWING THIS PROCEDURE.** It is not uncommon to experience nasal congestion, headache, pressure under the eye or other symptoms of sinusitis. Seeing blood-tinged mucus is also possible. It is important to not blow your nose for a week after the procedure, and do not hold back any sneezes creating pressure in the sinus. Avoid any nasal sprays or nasal flushes unless otherwise instructed.

### **Implants:**

Dental implants must bond to the bone to be successful. Any movement during the healing process may interfere with this. **Do not touch or disturb the implant with your tongue or food during eating.**

### **Bone grafting:**

Small bits of bone or graft material may come through the tissues over a period of several weeks following your procedure. These may feel like small grains of sand in your mouth. Occasional bits of bone in the mouth are not uncommon. However, **if you notice a large amount of bone, or if it happens continuously, call the office immediately.**

### **Gingival grafting:**

**Do not pull on your lips or cheeks to view or show the surgical site.** Doing so could jeopardize the outcome and potentially devitalize the graft by removing it from the blood supply. With gingival grafting, you are given an antiseptic mouth rinse, StellaLife, to use during healing. Follow as directed on the bottle and on your "Medication Instructions" sheet given prior to your procedure.

### **Non-narcotic pain management protocol:**

**Tylenol/Acetaminophen Regular Strength (325mg) x 2 tablets**

**AND**

**Advil/Ibuprofen Regular Strength (200mg) x 2-3 tablets**

**Every 4 hours for the first 48 hours, then begin to stretch doses to every 5-6 hours as needed until pain subsides.**

**8:30am-5:00pm**

**Office: 904-737-2040**

**Weekends or after 5:00pm**

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