

PERIODONTAL SURGERY POST OPERATIVE

INSTRUCTIONS

I. Immediate Instructions:

- A. No Smoking for 4-6 hours after surgery**
- B. Only Cool Liquids for 4-6 hours after surgery**
- C. Avoid Excessive Talking for 4-6 hours after surgery**

II. Further Instructions:

- A. Take the prescription medication as instructed by the doctor.
- B. Apply ice packs to the face as soon as possible after arriving home. Alternate the ice pack from side to side if both sides were included in the surgery, keeping it on one side for 15-20 minutes. The more often this is done the day of surgery, the less swelling there will be.
- C. Refrain from taking any alcoholic beverages the day of surgery, and also during the first week if the pain medication is being used.
- D. Minimize your mouth movements the first twenty-four hours.
- E. Diet:
 - 1. Only liquids should be taken the day of the surgery. Liquids should be cool for the first 4-6 hours. They should not be extremely hot the rest of the day.
Example: Soup, broth, juices, milk, and milk shakes. Hi-protein diet food such as Metrolcal, Sego, Nutrament, and Carnation Instant Breakfast are very good.
 - 2. Semi-solids may be taken from the second day on or as tolerated.

Example: Jello, hot or cold cereals, creamed vegetables, cottage cheese, blenderized foods such as ham salad, hamburger, fish, soft or scrambled eggs and mashed potatoes.

3. Refrain from eating any spicy foods.
4. Refrain from drinking citrus juices if you find them irritating to the gum tissue.
5. Try to maintain a hi-protein, hi-fluid intake diet.

F. Oral Hygiene:

1. Day of surgery: do nothing.
2. Second day and until your next appointment in the office:

Brush any area not covered with dressing; also start rinsing with the following:

- a. $\frac{1}{2}$ teaspoon salt in 4 oz. ($\frac{1}{2}$ cup) of very warm water.
- b. Warm water mixed with 3% hydrogen peroxide in a 1:1 ratio.

Alternate this and the salt water rinse 6 to 8 times a day, starting the second day.

G. Lubricate your lips with Vaseline for several days following surgery.

H. Activity:

In general the less active you are the first day, the more comfortable you will be. Watching T.V., sleeping or reading is most advisable. From the second day on, you may be the judge of how active to be depending on your personal comfort. Physical activity or going to work is permitted accordingly.

III. What might possibly occur following surgery?

- A. Swelling: usually peaks out in 24 to 48 hours and begins to decline in 48 to 72 hours. Ice pack applications will help prevent swelling.
- B. Pain and Discomfort: can be kept under control with your medication, along with the ice packs and reduced mouth activity; if the pain medication is inadequate, call the office.
- C. Bleeding: Red-tinged saliva is not unusual the day of surgery; if active, bright red bleeding occurs, apply a wet tea bag to the area where the blood is coming from, and keep firm pressure on the spot for 1/2 hour without letting up. If bleeding still persists call the doctor.
- D. Loss of dressing material: this material will harden completely in approximately 4-6 hours. It will remain quite stable unless subjected to too much force as with chewing and tooth brushing. Small pieces may break off. However, if large pieces fall off then call office for possible replacement, especially if the area is very tender.

IV. Summary:

If above concepts are adhered to fairly well, a reasonably tolerable post-operative period will transpire. Please do not hesitate to call if any question arises which you consider important.

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