



## Post-Operative Instructions

These instructions apply to the surgical procedure just completed. They are designed to help minimize post-surgical discomfort and inform you of any situations that may require special attention.

### **Pain Medications**

It is not unusual to have discomfort for at least the first week following your surgical procedure. You may be given a prescription for medication to help you tolerate the post-surgical recovery period. Please take your medications only as directed.

Do not take pain medication on an empty stomach, as nausea may result.

When taking any prescribed medications containing Acetaminophen (Tylenol), i.e. Percocet, Vicodin or Tylenol with Codeine, you should not take additional Tylenol so as not to exceed the safety level of Acetaminophen. Please contact the office with any questions you may have.

First line pain medication should be Ibuprofen 600mg (Advil, Motrin) every 6 hours unless contraindicated due to existing medical conditions.

### **Antibiotics**

Please alert the office to any allergies or sensitivities that you might have to antibiotics. If you develop a rash or become itchy please stop the antibiotic immediately and contact the office for further instruction.

Take antibiotics as directed until completed. Do not take these medications on an empty stomach, as nausea may result.

For women taking birth control pills, be advised that antibiotics may interfere with their effectiveness.

### **Swelling**

Swelling may occur following your surgical procedure and will typically increase 2-4 days after the procedure. To minimize the swelling, place an ice pack over the outside cheek area for 15 minutes on and 15 minutes off. Continue using ice for 48 hours following the procedure as often as possible. Keep your head elevated when at home AND sleep with an extra pillow. Use ice from the time of surgery until bedtime.

### **Bleeding**

A small amount of bleeding is normal and can last up to 48 hours.

Do not rinse your mouth excessively, and elevate your head when lying down.

When bleeding occurs, take a piece of gauze and wipe away any blood clots you can see. Then, take 2-3 pieces of wet gauze and bite down for 20 minutes without taking the gauze out of the mouth. It is important to apply constant pressure for 20 minutes. If this does not stop or slow the bleeding, take a black tea bag, wet it, and again apply constant pressure on the bleeding site for 20 minutes. It is important to call your doctor to notify him of severe bleeding. If needed, you can also go to the nearest Emergency room.

### **Dressing**

A periodontal dressing (which acts as a bandage) may have been placed in your mouth. If such is the case, the dressing should remain in place until it is removed in the office at your next appointment. If particles of the pack should fall off during the week, do not be concerned as long as you do not have pain. Should a sizable piece fall off, or if a rough edge irritates you, please contact the office for further instruction.

### **Exercise**

Avoid excessive exertion of any type for at least 48 hours. Golf, tennis, skiing, bowling, swimming or sunbathing should be postponed for a few days after surgery.

### **Diet and Food Suggestions**

Be sure to get plenty of nutrition, and avoid any chewing on the side where surgery was completed.

Avoid hot foods and liquids for approximately 48 hours following the surgery so as not to irritate the surgical site. A soft diet is recommended.

When preparing a post-op menu, please consider some of the following choices:

Jell-O, Milk Shakes, Mashed Potatoes, Ensure/Boost, Bananas, Pasta, Fish, Eggs, Yogurt, Cottage Cheese

You should **NOT** drink from a straw or constantly spit as this may dislodge biological materials used during surgery.

### **Smoking & Alcohol**

Do not smoke. The heat and smoke will irritate your gums, significantly slow healing, and compromise results. If at all possible, use this opportunity to give up smoking. There is a strong correlation between smoking and progressive periodontal bone loss, as well as delayed wound healing.

Do not drink alcohol while taking prescription pain medications.

### **Brushing**

Unless otherwise directed, do not brush the surgical site. You may resume normal brushing/flossing in other areas aside from the surgical site the following day.

### **Rinsing**

Try **NOT** to rinse on the day of surgery. If an antibacterial rinse (Peridex) was prescribed, start it on the day **AFTER** surgery. This should be used at least twice a day unless instructed otherwise.

Avoid rinsing with Listerine until otherwise directed to do so.

### **Suture Removal**

You may notice increased discomfort 3 to 5 days after the surgical procedure. As the tissues begin to heal, they may pull against the sutures and dressing. The doctor will schedule a suture removal appointment 7 to 10 days following surgery. There will be times when supporting sutures may be kept in longer.

For patients where antibiotic pre-medication is required: take the prescribed antibiotics approximately 1 hour prior to your suture removal appointment.

### **Teeth**

Your teeth are often sensitive to sweets and cold for almost 8 weeks after surgery – this will improve as oral hygiene returns to normal

Thank you for entrusting us with your care. Should you have any additional questions or concerns, please do not hesitate to contact the office at **(201) 567-7766**

For emergencies, you may contact Dr. Strauss at (516) 448-2111

[\(201\)567-7766](tel:(201)567-7766) • 20 W Ivy Lane, Englewood, NJ, 07631 • [www.periodontalassociatesnj.com](http://www.periodontalassociatesnj.com)