

POST SURGERY INSTRUCTIONS

PERIODONTICS, LTD OFFICE PHONE # 259-1943

WHAT TO DO ABOUT:

- 1. Sutures-** Stitches have been placed around your teeth for your comfort and should stay in place until your next appointment. If they begin to fall out after 4 or 5 days, **this is ok**. You do not need to come back to have the sutures replaced. You will still be seen at your post op appointment.
- 2. Bleeding-** You can expect oozing and blood tinted saliva up to 24 hours after surgery. At no time should your mouth fill up with blood or blood clots. If active bleeding does occur, **return to our office**. In case this happens after office hours, call the emergency phone number of your doctor listed under 'Emergencies' on this form.
- 3. Packing-** A periodontal pack (resembling 'putty') may have been placed to protect the surgery area and to provide comfort. If you have this type of packing in your mouth, leave it in place until it falls out on its own. If the packing comes off in a day or two, **this is ok**. You do not need to come back to have the packing replaced.
- 4. Stent-** If your surgery was for gum grafting, you will be wearing a plastic stent in the roof of your mouth to protect the donor site as it heals. Leave the stent in for at least 72 hours. Afterwards, if it interferes with eating or talking, it is ok to **gently** take it out for a while. If you do take it out, you may clean it and put it back in.
Please note: it is not absolutely necessary to remove the stent. The stent will be taken out at your first post op appointment and the donor site will be checked to see how it is healing.
- 5. Graft color-** If your surgery was for gum grafting, you will notice as the graft first begins to heal that it doesn't look like your other gum tissue. **This is ok**. The graft color could range anywhere to a pearlish-looking white to grayish in color. After a couple of weeks, it will begin to start looking like and blending in with the color of your gums.
- 6. Swelling-** Use ice pack for the first day **only** after your surgery to help minimize swelling. Apply the ice pack 20 minutes on, 10 minutes off. Do not be alarmed if you begin to swell a couple days after your surgery. If you were iv sedated for your surgery, your iv solution contained a medication that minimizes swelling. After

- (Swelling cont)- the body passes this medication, you may begin to see swelling afterwards. **Starting the day after your surgery, apply a warm moist, heated towel to help decrease swelling.** Apply 20 minutes on, 10 minutes off.
- 7. Implants-** If your surgery was for implants, non-dissolvable sutures were placed. You will have these removed at your first post op appointment. Limit vigorous, strenuous activity. Eat only soft foods the first few days after your surgery. Afterward you may eat what you can comfortably tolerate.
- 8. Sinus Lift/Push-** If your surgery was for a sinus lift or sinus push, you will have non-dissolvable sutures placed. They will be removed at your first post op appointment. **DO NOT BLOW YOUR NOSE. Do not do any heavy lifting, bending, or vigorous, strenuous activity.** Eat only soft foods the first few days after your surgery. Afterward you may eat what you can comfortably tolerate.
- 9. Eating-** Eat soft foods the first few days after your surgery like mashed potatoes, pasta, noodles, eggs, cottage cheese, yogurt, refried beans protein shakes, etc. Afterward you may eat what you can comfortably tolerate. Stay away from hard, crunchy, and spicy foods during this time. Drink plenty of **non-alcoholic** liquids.
- 10. Brushing-** **Maintain good oral hygiene.** If the surgery area is covered with a periodontal pack, brush the exposed tooth surfaces only. Do not brush the packing. Brush and floss all other areas thoroughly.
- 11. Rinsing-** **Do not** rinse your mouth, spit, or use a straw for 24 hours! Doing this could dislodge the clot that needs to form to stop active bleeding. Start the Chlorhexadine rinse **the day after surgery.** (Refer to your prescription instructions).
- 12. Smoking-** **Stop or minimize smoking for 72 hours.** Smoking may delay healing.
- 13. IV Sedation-** If you underwent iv sedation, expect to feel sleepy the rest of the day. **Do not drive for 24 hours,** nor sign any legal documents.
- 14. Emergencies-** Call Dr Trylovich at 324-1175, or Dr Goaslind at 431-2934, or 497-9653. **DO NOT HESITATE TO CALL IF YOU NEED MEDICAL ATTENTION.**