

## POST-OPERATIVE INSTRUCTIONS

1. Discomfort and Medications: You may experience mild to moderate discomfort following your procedure. This varies depending upon the procedure and your experience may differ from other patients having similar procedures. Pain medicines have been prescribed and must be taken exactly as directed. Your primary pain medicine is non-narcotic, and will relieve most discomfort without inducing drowsiness. If your pain is unrelieved by the primary pain medicine, you have been prescribed a strong narcotic pain medicine, which will relieve more severe pain, but which also has significant side effects which may include drowsiness and nausea.
2. It is not unusual to notice slight bleeding from the surgical site for one or two days after the surgery. If at any time you notice the formation of large blood clots or an obvious flow of blood, which is more than a slight ooze, notify your doctor at once.
3. Sutures (stitches) will usually have to be removed approximately 10 days to 2 weeks following your surgery. Do not disturb the sutures with your tongue, toothbrush or any other manner. Displacement of sutures will impair healing and affect the success of your procedure. If you notice your suture has become loose, notify the dental clinic so that arrangements may be made to remove the loose suture. In some cases, sutures, which dissolve, may be used.
4. A periodontal dressing is often used to cover the surgical site. The dressing is placed around the teeth to protect the surgical site and should not be disturbed, unless instructed to do so. If the dressing becomes loose, it should be discarded, do not attempt to replace a loose dressing. If the dressing is lost, or if small pieces dislodge 1-2 days following surgery, it is not cause for concern.
5. Following Periodontal Surgery, Dental Extraction or Dental Implant Therapy, a soft diet is recommended. Avoid chewing in the area of surgery, and avoid hard, sharp or fibrous foods. Drink plenty of liquids, and it is recommended that the post-operative diet be supplemented with vitamins, minerals and live-culture yogurt. A healthy, well-balanced diet will enhance healing.
6. Meticulous Oral Hygiene is essential for successful post-operative healing. Brush and floss all non-treated areas as normal. Gently floss and brush the treated site with a very soft toothbrush following surgery. A prescription mouthwash may have been prescribed, or alternatively Listerine may have been suggested. Either should be used 3 times per day; a 30 second swish is recommended, do not rinse afterward with water.
7. Reasonable physical activity and exercise following surgery is encouraged, avoid strenuous activity.
8. Some slight swelling of the area adjacent to the procedure is not unusual. A cold compress may be used to minimize the swelling. You should rest with your head slightly elevated to minimize swelling for the first day following surgery. A steroid medication may be prescribed to reduce swelling, and should be taken exactly as directed. Any large swelling should be reported to your doctor at once.
9. Smoking and alcohol use should be avoided, as both have been shown to increase post-operative complications.
10. Do not spit, drink through a straw, or otherwise create a sucking action in your mouth as this will disturb the surgical area and may cause excessive bleeding or damage the treated area.
11. If you have any questions, please do not hesitate to contact the dental office.