

## POST OPERATIVE INSTRUCTIONS

### CARE OF YOUR MOUTH FOLLOWING PERIODONTAL SURGERY

1. **Discomfort:** The amount and duration of discomfort one should expect may vary. Take the medication prescribed as needed for discomfort. Some discomfort will usually be present for 5 to 7 days. Stop taking if nausea occurs. Take medications with food and/or 8 ounces of water to reduce stomach upset. If narcotics are prescribed, do not drive while taking. It is alright to take the medications prescribed with water if you are having intravenous sedation but food should be avoided for six hours before the procedure. You may have a small amount of fluids or clear juices up to 2 hours before the appointment. If you are a diabetic, you should eat normally before the intravenous sedation procedure. If you routinely drink coffee in the morning, then having a small cup is acceptable to avoid caffeine withdrawal headache. If experiencing only mild discomfort you may take Tylenol and/or Advil. These can be taken together for additional comfort.
2. **Swelling:** Swelling will vary depending on your surgical procedure. To prevent or minimize swelling, we recommend that you place an ice pack over the area, 20 minutes on and 20 minutes off, for the next 2 to 4 days or until swelling subsides. You should elevate your head with pillows or use a recliner. It could take 3-4 days before swelling reaches a maximum. We recommend that you avoid all strenuous exercise and heavy lifting for the first 48 hours. For certain procedures we may recommend 3 days of bed rest. We may also prescribe steroid anti-inflammatory medicine and/or Arnica Montana.
3. **Dressing:** A periodontal dressing, which acts as a bandage, sometimes may be placed over the surgical area to protect and help reduce discomfort. Often we do not use a dressing. If the dressing does fall off, this is not a concern. If a suture comes loose after a few days, do not be concerned, these are dissolving sutures. A tissue adhesive, which will look like a piece of plastic, may be used over a gingival graft. This will usually fall off after a few days and does not affect the graft.
4. **Bleeding:** A slight oozing of blood will appear in your saliva for several hours after surgery. This will almost always stop without attention. Do not drink alcoholic beverages the night of the surgery or take aspirin or Vitamin E the week prior to surgery.  
If excessive or continuous bleeding occurs: discontinue all rinses, sit in an upright position, apply a moistened tea bag with firm pressure to the immediate area for thirty minutes (repeat as necessary)  
If bleeding still continues, do not hesitate to call our office.
5. **Plaque Control and Rinsing:** You are now aware of the significance of bacteria and the importance of plaque control in the success of your periodontal therapy. Rinse your mouth with the chlorhexidine or Perioscience mouthwash 2-3 times per day. Start brushing with the extra soft toothbrush in 5 days. Don't brush any areas that have dressing in place. After 14 days, you may go back to your normal soft brush, flossing and use of gentle irrigation if we have recommended it to you. If you have had a

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gingival graft, don't brush this area until after your first post-operative checkup. When food retention occurs between the teeth, use gentle tooth picking or vigorous swishing with the mouthwash to remove this. Unless you have had an extraction, in which case avoid vigorous swishing.

6. **Fever:** A slight fever is common after a surgical procedure. It may last for a day or so. Fever may be caused by inadequate fluid intake as well. If excessive or at all questionable, do not hesitate to phone the office.
7. **Sore Throat:** A sore throat may occur after longer procedures. This is normal and no cause for alarm. Chloraseptic rinses may provide some relief until the soreness disappears.
8. **Smoking:** Smoking will definitely slow healing and should be avoided or reduced. Since smoking depletes Vitamin C we recommend a Vitamin C supplement of 500mg per day.
9. **Diet:** We recommend soft foods such as eggs, ground meat, cottage cheese, pasta, fish, soups, milkshakes, mashed potatoes, instant breakfast, Nutrament, Ensure, bananas, jello and ice cream. Avoid hard, chewy or spicy foods. It is very important to AVOID CITRUS JUICES AND ACIDIC FOODS such as vinegar and yogurt which will prolong tooth sensitivity to cold and hot following periodontal surgery.
10. **For Extraction Post-op:** Avoid sucking motion/pressure, such as sucking on a straw, cigarette, thumb or lozenge. Avoid vigorous swishing or rinsing. Use mouth rinse gently and just hold it in mouth. Avoid hard, crunchy, sticky or acidic foods.
11. **For Gum Grafts/Ridge Augmentation:** If you have undergone gum grafting for root coverage, or ridge augmentation to create more bone, expect more swelling. Bed rest, ice, and anti-inflammatories (i.e. Ibuprofen, Medrol Dose Pack, and Arnica Montana) for 3-4 days post op will greatly reduce your swelling, and thereby your post op discomfort and chance of infection. Swelling is troublesome as it can allow the graft material to move and NOT reattach properly. It can also cause incisions to open, allowing food impaction and infection.

*If you have any questions or concerns, Dr. DeTure and staff are available for you. **The office number is 772-283-1400. You may also reach Dr. DeTure on his cell at 954-599-6425.***