

Practice Limited to Periodontics, Implants & Endodontics

Please read and follow these instructions. They will make you more

comfortable and will help to prevent any possible complications.

1. Discomfort and Medications:

Periodontal surgery, like any other surgical procedures, may be associated with varying degrees of discomfort. This depends on the procedures involved and individual differences. If analgesics have been prescribed, it is usually best to take the first dose while the surgical site is still anesthetized {"numbed"}.

All medications should be taken strictly as prescribed. The interval between taking the medications and the total length of time that you are to remain on your medications has been carefully determined to give you the maximum benefit with the minimum use of drugs. Variation from the prescribed regimen can affect healing and the success of your procedure. As with all medications, remember to drink plenty of water to avoid complications.

2. Bleeding:

You may notice slight bleeding from the..surgical site. This type of minor bleeding for one or two days is not unusual and is not a

major concern. If at any time you notice the formation of target blood clots or an obvious flow of blood which is more than slight ooze, notify the dental office at once. Place a damp tea bag on the site for 5 minutes with LIGHT pressure if bleeding.

3. Sutures:

Sutures, or "stitches," are placed to hold the gingival tissues in the proper position for ideal healing. If sutures were placed, your

doctor will usually want you to return so that they can be fully removed once sufficient healing has occurred. Do not disturb the sutures with your tongue, toothbrush, or in any other manner since displacement will impair healing.

4. Dressing:

A periodontal dressing is often used to cover the surgical site for 1 to 2 weeks after surgery. The dressing is placed around your teeth to protect the surgical area and should not be disturbed. If the dressing become lost and you have no discomfort, there is no cause for concern..·

5. Diet:

For your comfort and to protect the surgical area, a soft diet is recommended. Avoid chewing in the area of surgery. Avoid hard fibrous, or "sharp" foods {such as corn chips} as these may be uncomfortable and can dislodge the periodontal dressing. Drink plenty of liquids. Eat cool and soft foods for the first 2 days and eat on the other side of the surgical site. Take small portions and bites prior to swallowing.

6. Plaque control:

Continueto brush and floss the teeth that were NOT involvE:d in the surgery {or covered by the periodontal dressing). The surgical areas should not be disturbed for 4 weeks following surgery.

However, you may rinse gently with salt water or with a mouthwash 5 times a day for 30 seconds. DO NOT BRUSH THE SURGICALAREAS FOR 4 WEEKS.

7.Physical activity:

Avoid strenuous physical activity and exercise during your immediate recovery period, usually 3 to 4 days. However, most individuals will be able to return to work the following day.

8.Swelling:

Some slight swelling of the operated area is not unusual and may begin after the surgery. An ice pack may be used to minimize the swelling. Ice should be placed in a plastic bag and then wrapped in a thin cloth towel and applied directly over the surgical area. You should maintain the towel-wrapped ice pack in contact with the sin as much as possible {20 minutes on and 20 minutes off) for the first 24 hours after surgery. You should also keep your head elevated above the level of your heart during the first 24 hours after surgery. This may necessitate the use of several pillows to support your head and upper body while sleeping.

If swelling occurs, it usually disappears after several days. Applying moist heat to the swollen area will help the swelling go down; however, heat should not be applied until at least 2 days after surgery.

Any usually or large swelling should be reported to the dental office at once.

9.Smoking:

ALL smoking should be stopped until after your sutures have been removed to ensure the best healing and success of your surgical procedure. Healing results are significantly better in non-smokers.

10.Alcohol:

All intake of alcohol should be stopped until after suture removal to enhance healing. The combination of alcohol and certain pain medications is not recommended.

11."Do not's":

For the next several days, do not spit, smoke, rinse vigorously,

drink through a straw, create a "sucking" action in your mouth, drink carbonated soda, or use an oral irrigating device.

12.Special instructions:

No brushing, chewing, flossing or looking at the surgical site for the first 4 weeks. We also recommend rinsing your mouth with either Listerine mouthwash or warm salt water Six times a day for 30 seconds each time for the first 3 weeks.