

Northwest Periodontics & Implants

PERIODONTAL SURGERY POST-OPERATIVE INSTRUCTIONS DAY OF SURGERY

DISCOMFORT

- Take 400 mg ibuprofen (over the counter 200 mg tablets, take 2) every 4 hours for 72 hours even if you are not experiencing pain (during waking hours). Be sure to purchase prior to your appointment (available over the counter at your local pharmacy)
- Alternate with prescription pain medication as needed (see diagram on the back side of this sheet)
- Keep in mind the majority of our patients report that the 3rd day is the worst

AVOID

- DO NOT use straws with any drink until your post-operative appointment
- DO NOT chew on the side where surgery was performed, a soft food diet is recommended
- DO NOT eat spicy or crunchy foods, seeded fruits
- DO NOT consume anything hot in temperature the day of your surgery
- DO NOT rinse the day of your surgery
- DO NOT use mouthwash until you speak with an assistant the day of your post-operative appointment
- DO NOT pull your lip back to view surgical site
- DO NOT exercise or do any strenuous activity for a minimum of 72 hrs
- DO NOT smoke or drink alcoholic beverages for 48 hours following procedure

SWELLING

- Ice packs may be used 20 min on and 20 min off for the first day of procedure.
- Most swelling occurs between 42-72 hours after surgery. It is not uncommon to see bruising into the neck area or even a black eye (if surgery was performed on upper teeth)
- Arnica can help reduce the risk of bruising (homeopathic product sold at Whole Foods either as a topical cream or sublingual tablets)

BLEEDING

- Some bleeding will stain your saliva "pink" for 12-24 hours, so do not be alarmed.
- If excessive bleeding occurs, continue applying pressure to area, avoid any exertion and call our office
- Slight bleeding, fold **damp** gauze into quarters and with a thumb, forefinger or both – apply pressure to the area for 20 minutes. It is normal to repeat this several times. You may also use a **damp** black tea bag instead of gauze if bleeding persists

CLEANING

- Avoid area completely day of procedure, continue to brush all other areas as usual
- Next day, using the soft toothbrush given to you, brush gently over the tops of your teeth only - avoiding the surgical site tissue. Continue to brush all other areas as usual
- You were given Peridex, continue as directed in conjunction with brushing
- **No electric toothbrush** and **No flossing** in surgical area **until you are seen at your post-operative appointment**

SPECIFIC INSTRUCTIONS FOR YOUR SURGERY

- You were given a bottle of Peridex mouthwash. Apply generously with a Q-Tip to surgical site(s) twice daily; continue until your post-operative visit. Do not rinse your whole mouth with Peridex as this will stain your teeth.
- Sutures were used during your procedure. These sutures will be taken out by a surgical assistant in about eight weeks. For this procedure it is important for the sutures to be left in longer.
- If you are unable to take Advil or ibuprofen for any reason, substitute with OTC Tylenol ES. Take 500mg (1 Tab) every 4-6 hrs, alternating with prescription pain med as needed.

EMERGENCY

- Contact our office during normal business hours at **425-392-8992**
- Please call if pain has plateaued i.e. (It is waking you at night or nothing will relieve the pain), you develop a rash or start running a high fever.
- After hours contact your Doctor directly