

# 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 3<sup>rd</sup> day is the worst

### AVOID

- DO NOT use straws with any drink for 24hrs after procedure
- DO NOT chew on the side where surgery was performed, a soft food diet is recommended
- DO NOT eat spicy or crunchy foods, or seeded fruits
- DO NOT consume anything hot in temperature the day of your surgery (while you are numb)
- 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 may help reduce bruising after procedure (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
- After 1 day you may brush the surgical site tissue with ONLY the soft toothbrush given to you. Using warm water, brush placing the ends of the bristles on gum tissue and with a sweeping motion, brush either up or down.
- **No electric toothbrush** and **No flossing** in surgical area **until you are seen at your post-operative appointment**

### SPECIFIC INSTRUCTIONS FOR YOUR SURGERY

Sutures were used during your procedure. If they become loose or hang, you may trim them back being careful not to pull or trim too close to the surgical site or gum line. These sutures will remain in your mouth until your next appointment when a surgical assistant will remove them.

If you are unable to take Advil or ibuprofen for any reason, substitute with OTC Tylenol ES. Take 500mg (1Tab) 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