

Northwest Periodontics and Implants

PAOO Surgery Post-Operative Instructions

(Periodontally Accelerated Osteogenic Orthodontics)

Medications:

- If prescribed, take antibiotics per instructions on the label and finish the entire course.
- For pain management following PAOO, we recommend taking 1,000 mg of Tylenol (acetaminophen) every 6 hours as needed. Please avoid ibuprofen and all other NSAIDs entirely after this procedure.

For the first 24 hours after surgery:

- Do not consume hot beverages or spicy foods.
- To help reduce swelling, place an ice pack on the outside of the cheek near the surgical site for 20 minutes at a time every hour, as often as possible. Continue icing for up to 48 hours after surgery. After 48 hours, you may switch to a warm compress if needed to help promote circulation and reduce any lingering swelling.

For the first 72 hours after surgery:

- No smoking or drinking alcoholic beverages.
- No strenuous activity or exercise, this can increase swelling and discomfort.
- Bleeding or oozing may occur from the day of surgery through the postoperative period. To help control excessive bleeding, fold a piece of damp gauze or use a damp black tea bag and apply firm, continuous pressure directly over the surgical site for 20 minutes without interruption. It is normal to repeat this process several times if needed. If bleeding cannot be controlled, continue applying pressure and contact our office, or your surgeon if after hours.

Until your post-operative visit:

- Do not drink through a straw.
- Do not chew on the side where surgery was performed.
- A soft food diet is recommended, strictly avoid seeds and crunchy/hard foods.
- Avoid vigorous rinsing.
- Use the provided soft toothbrush to clean around the surgical area, avoiding the gums directly at the surgical site, until your post-op appointment. You can brush everywhere else as normal, but no flossing or electric toothbrush near the surgical site.

- If sutures (stitches) are used, they will be removed at your postoperative appointment, if applicable. Sutures may be dissolvable or non-dissolvable. These will be removed during your post-op visit.

EMERGENCY:

If you are experiencing a medical emergency, please call 911.

Contact our office if you experience an adverse reaction to medications we prescribed to you, bleeding you cannot control after following written instructions, signs of infection which typically occur one week after surgery and include fever, site warm to touch, oozing pus, worsening swelling or pain.

Call or text our office during normal business hours (Monday – Friday 7:30 a.m. – 3:00 p.m.)

Issaquah: 425-392-8992

Redmond: 425-895-9575

If you have any after-hours questions or concerns, please contact your doctor below.

Dr. Ken Akimoto: 206-919-8421

Dr. Jeffrey Kanter: 206-930-0308

Dr. Ruby Lwo: 206-294-8430

Dr. Luciana Safioti: 425-518-9128

Dr. David Zhu: 425-301-2150



Scan this QR code for a video version of your post-op instructions!