

PERIODONTAL POST-OPERATIVE INSTRUCTIONS

MEDICATION:

Pain medication – take as directed with milk or food that is easy on the stomach. Do not use aspirin or aspirin containing products for the week following surgery. Ibuprofen products (Advil, Nuprin, Generic) or Tylenol are acceptable when you are not taking your prescription pain medicine. Alcohol must not be used with pain medicines.

Antibiotics – take exactly as directed. **ALWAYS FINISH THE COMPLETE ANTIBIOTIC PRESCRIPTION.** Report any unusual reactions (dizziness, nausea, rashes, etc.) immediately.

BLEEDING: Some bleeding is normal and expected for a day or two following surgery. In the event of significant bleeding, place pressure on the area with moistened gauze for 30 minutes. When lying down or sleeping keep your head elevated to control bleeding. Report any uncontrollable bleeding immediately.

SWELLING: Ice packs should be used to minimize swelling for the first 24 hours. Alternate 20 minutes on and 20 minutes off. Do not leave ice packs on for more than 20 minutes at one time to avoid freezer burn. After 24 hours, moist heat may be used to decrease the swelling. If swelling begins several days after surgery, please call the office.

DIET: Adequate nutrition is essential. During the first 24 hours, eat or drink cold liquids and cold soft foods (instant breakfast, yogurt, malt, etc.). Gradually progress to easily chewed foods. When you take regular nourishment, you will feel better and heal faster. It is also important to drink several glasses of water each day while recovering.

ORAL HYGIENE & SALT WATER RINSES: During the first 24 hours, no cleaning near the surgical area is necessary. After 24 hours, begin **RINSING WITH A WARM SALT WATER RINSE AFTER EACH MEAL AND SEVERAL TIMES BETWEEN MEALS** (1 tbs. salt per 8 oz. water). Continue rinsing with warm salt water until the area is completely healed (this may take several days or weeks). After 24 hours, use normal cleaning techniques where no surgery was performed.

DO NOT: SMOKE, USE ALCOHOL, CARBONATED BEVERAGES, OR STRAWS, EXPECTORATE (SPIT), OR BLOW YOUR NOSE for at least the first 48 hours.

PHYSICAL ACTIVITY: Plan to rest the day of the surgery. Avoid excessive exertion for several days following surgery. Strenuous exercise should be discontinued for a full week following surgery.

PERIODONTAL DRESSING: The pink material is a surgical dressing. Small pieces may break away and are of no concern. However, should a large piece break away or become dislodged, please call the office for instructions. This is usually not an emergency. The dressing and sutures will be removed by the doctor in 5-7 days.

SUTURES: If sutures were placed, be sure to return in 5-7 days for your suture removal appointment.

CALL if you have any questions. *We want you to be as comfortable as possible.* Dr. Kaes is available by pager through our office number, 303-504-4000.