



PERIODONTAL SURGERY POST OPERATIVE HOME CARE INSTRUCTIONS

THINGS TO EXPECT:

SWELLING: This is normal following a surgical procedure. It should reach its maximum in 24 to 48 hours and diminish by the fourth day after surgery.

DISCOMFORT: The most discomfort is experienced immediately after the anesthetic wears off and sensation returns to the mouth.

HEMORRHAGE: Bleeding or "oozing" is expected for the first 12 to 24 hours.

DO NOT:

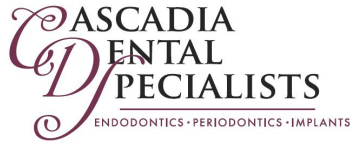
- DO NOT APPLY HEAT TO THE FACE. This will increase the swelling.
- AVOID SPITTING
- NO SMOKING
- NO DRINKING FROM STRAWS or any other activity that disturbs the blood clots and may lead to bleeding, infections and pain,
- AVOID STRENUOUS EXERCISE FOR THE FIRST 24 HOURS. Physical activity causes the blood pressure to rise and produce bleeding and discomfort.

DETAILED INSTRUCTIONS

MEDICATION: Take all medications as prescribed. If pain medications are prescribed, ensure you take them as directed; they are prescribed to minimize your discomfort during the healing phase. If antibiotics are prescribed, take them as directed until all have been taken. Discontinue antibiotics in case of rash, itching or upset stomach and advise the office.

BLEEDING: moderate amount of bleeding or oozing can be expected during the first 2 days after the surgery. To control bleeding, place gauze on the area and apply a gentle pressure. Change the gauze every 30-45 minutes until bleeding has stopped. Always remove gauzes before sleeping, drinking or eating. Applying ice packs on the outside of the jaw or cheeks also help in preventing or stopping the bleeding. If heavy bleeding, uncontrolled bleeding or clots formation occur, call the office immediately.

SWELLING: Swelling is common and may peak 3 days after the surgery. Applying ice packs immediately following the surgery will help in reducing the swelling. Wrap ice in a thin cloth and apply it to the side of the operated site as soon as possible after surgery. Place it for 5 minutes and then remove it for 5 minutes and repeat for the first 2 hours. Bruising may also be associated with swelling and should reduce as the swelling dissipates. It is also recommended to sleep with your head elevated at about 45 degrees for the first 2-3 days following your surgery to reduce swelling. If swelling does not reduce or increases 5 days after your surgery and you experience excessive pain, call the office.



RINSING & BRUSHING: Do not rinse your mouth or brush your teeth until 24 hours after your surgery as it will delay the healing process. Brush adjacent teeth using a soft toothbrush and avoid brushing the gum line of the surgical site as stitches may be present. You may rinse your mouth each time after eating by using ½ tsp. of salt dissolved in a glass of warm water. Do not swish when rinsing your mouth; instead slightly lower and gently move your head right to left. Do not spit out water but let it drain out I the sink. Do not brush or floss surgical site until told to do so by Dr. Albather. If perioguard was prescribed to you, use that 1-2XD for about two weeks or until your next PO apt.

STITCHES: Stitches (if present) will dissolve in approximately. They may come loose or fall out before your first post-operative visit. As long as there is no continuous bleeding, discomfort or pain, this is not a cause for concern. If you had a dental implant placed and the stitches fall out, advise the office. Never attempt to remove a stitch on your own.

NUTRITION: During the first 1-2 weeks following your surgery, avoid hot fluids (tea, coffee, hot soup) and also avoid foods that are spicy, citrus or anything with small seeds as well as chewing on food around area where surgery was done. Limit yourself to a soft diet such as pudding Jell-O, yogurt, applesauce, scrambled eggs, mashed bananas, overcooked pasta. Liquid supplements such as Ensure, Boost, Carnation Instant Breakfast are also excellent. Increase your nutrition gradually but avoid hard to chew foods until your first post-operative visit. Drink plenty of fluids and **do not** use straws.

ACTIVITIES: During the 5 days following your surgery, it is **not** advisable to go to the gym, participate in sporting activities, swim, lift and/or push heavy objects. It is not recommended that you perform any strenuous physical activities during your recovery period.

SMOKING: Smoking seriously retards the healing process and increases the risk of infection in your mouth. Avoid smoking during the first 48 hours following your surgery. Reduce smoking as much as possible to ensure proper healing and avoid excess bleeding.

ON YOUR FIRST POST-OPERATIVE VISIT: Remember to bring any dentures, night guard or other oral prosthesis so that your periodontist can evaluate proper fit.

IN THE EVENT OF ANY QUESTIONS/CONCERNS, OR IN CASE OF A DENTAL EMERGENCY, PLEASE CALL THE OFFICE 425-644 -7444 OR CALL DR. ALBATHER CELL PHONE AT 425-922-9788.