

## PERIODONTAL SURGERY POST- OPERATIVE INSTRUCTIONS

**Emergency Phone # - Office- 844-2792 Dr's – 691-4169**

### **Extractions with Bone Grafting**

Following extractions the best thing you can do is to keep the area cold. This will minimize bleeding and swelling. Ice chips work well or just iced water/fluids. Avoid the use of straws because they create suction within the mouth. Try to keep the area chilled as much as you can for the first 8 hours after the surgery. Some bleeding/oozing is normal, do not be alarmed. This can be reduced by biting on folded gauze placed over the extraction site. Swelling is normal and it typically peaks around the 3rd day after the surgery. Especially with the materials used in bone grafting, swelling is usually delayed until a couple days after the surgery. You may occasionally notice some granular “pellets” similar to salt found in your mouth. Do not be alarmed; this is some of the bone graft material leaking out and is normal. On the day of surgery you can brush your teeth as you normally do. Avoid brushing the extraction site. Rinse your mouth twice a day (no more) with the chlorohexidine rinse and take your antibiotics as prescribed. Take prescribed pain medicine as needed especially on the first night, however, you may find taking Tylenol or Ibuprofen-type (Advil, Nuprin, Motrin etc.) may work well on the following days. I find 600 milligrams (3 X 200 mg tablets) every 4-6hrs works best. Loose stitches may occur and it is best to avoid them until your next appointment with us. If they are extremely loose and bothersome, it is okay to cut them with small scissors and pull them “knot side first”. Avoid eating warm/hot solid food for the first day and night following surgery. It is best to restrict your diet to cold fluids and soft foods for the first 24hrs. Avoid physical activity that increases heart rate for 48hrs.

### **Gum Grafting**

Following gum grafting the rule is avoiding the grafted area. You do not want to disturb the surgical site over the tooth/teeth with anything. A bandage was “glued” over the area to aid in graft immobilization. Part of this bandage is glued over your tooth/teeth to help it stick. Occasionally, pieces of this bandage will break off. Do not be alarmed this is normal. Some bleeding/oozing may occur under the bandage and this is normal. Frequently, you will see clotted blood underneath this bandage, which gives it a purplish/red appearance. Do not attempt to brush or floss the bandage and it is best to avoid the adjacent teeth just to be sure. It is okay to brush and floss your unaffected teeth as you normally do. Rinse your mouth gently twice a day with the prescribed chlorohexidine mouth rinse. The roof of your mouth (palate) was used as a donor and generally requires little attention. The most common problem with this area is bleeding. This can usually be controlled with folded moist gauze and gentle pressure. Avoid dry gauze because it will stick when removed. Stitches are frequently used but not in all cases. If stitches were used they will slowly break/dissolve. If they become loose and start to hang down it is okay to pull them out. Sometimes they may need to be cut with small scissors. Swelling and pain are usually minimal. Take prescribed pain medicine as needed, especially on the first night. You may find taking Tylenol or Ibuprofen-type (Advil, Nuprin, Motrin etc.) may work well on the following days. I find 600 milligrams (3 X 200 mg tablets) every 4-6hrs works best. Take the prescribed antibiotic until gone. Cold fluids are helpful in reducing swelling; however, avoid using a straw for the first 3 days as this could create bleeding of the palate. Avoid eating warm/hot solid food for the first day and night following surgery. It is best to restrict your diet to cold fluids and soft foods for the first 24hrs. Avoid sleeping on your side where the grafting was done the night after surgery because it may disturb the grafted area. Sleeping with your head slightly elevated is helpful the first night. You should avoid strenuous activity for 48 hours.

## **Dental Implant Surgery**

Following dental implant surgery, it is important to keep the surrounding gum tissues cold to minimize bleeding and swelling. Ice chips work well or just iced water/fluids. Avoid chewing food around and especially on top of the implant. Try to chew with teeth away from the implant. It is important not to put any excessive forces on the implant since this can disrupt bone integration. One of the most important things following this type of surgery is to keep the implant clean. This is best accomplished by rinsing your mouth twice a day (no more) with the prescribed chlorohexidine rinse. Also, it is good to gently brush the implant healing lid with your toothbrush dipped in the chlorohexidine rinse. You may elect to do this with a Q-tip for the first couple nights then change to the toothbrush when the area is less sore. A circular pattern with the Q-tip/toothbrush is most effective. Your stitches will be removed in approximately one week so just try to avoid them. The mouth rinse helps keep the stitches clean. You may notice some blood on the Q-tip/toothbrush; this is perfectly normal and indicates you are getting the Q-tip/toothbrush in the right area that needs to be cleaned. Take your prescriptions as instructed. This is especially true for the antibiotic and the mouth rinse. You may take the pain medication if needed. Often times just over-the-counter pain medicine like Tylenol or Ibuprofen (Advil, Nuprin, Motrin etc.) is all that is needed. I find 600 milligrams (3 X 200 mg tablets) every 4-6hrs works well.

## **Pocket Reduction Flap Surgery**

A surgical dressing or “pack” (if used) was placed in your mouth to allow more comfortable eating and to protect the surgical area. This dressing takes awhile to harden, so take care not to disturb it as much as possible. Avoid hot/warm fluids and/or foods for at least 8 hours. The most important thing is to force cold. You can accomplish this with ice chips or even iced water. Just sip the fluids avoiding the use of straws due to the creation of suction within the mouth. If you are comfortable you can eat soft cool/cold foods. A slight amount of swelling and discomfort is not unusual following this procedure and usually goes away within 2-3 days. Some bleeding or slow oozing may also occur for several hours. A slight amount of blood mixed with saliva can make it appear as if you are profusely bleeding, do not be alarmed. If bleeding persists, apply moist gauze or tea bag on each side of the bleeding area and hold with slight pressure for 10 minutes. Occasionally pieces of the dressing break off. This is okay and just spit them out or if you swallow them it won't hurt you. If you lie down or when sleeping try not to lay with any pressure against the surgical area. It is best to prop your head up in bed with a couple of pillows. If the entire dressing appears loose, you may remove it by lightly taking your fingernail and pulling it away from the teeth. If the underlying stitches are embedded within the underneath side of the dressing, you may need to cut the stitches to allow the dressing to come loose. On the day of the surgery, if you feel good carefully brush and floss your unaffected teeth as you normally do and in addition, rinse your mouth with the chlorohexidine (Peridex) mouth rinse. After a couple days you may gently brush around and over the dressing to loosen it of accumulated plaque if you desire. If no dressing was used it is okay to gently brush and floss the surgical area after 24 hours. Make every attempt to maintain your normal oral hygiene of the unaffected areas of your mouth. Take your prescriptions as instructed. This is especially true for the antibiotic and the mouth rinse. You may take the pain medication if needed. Often times just over-the-counter pain medicine like Tylenol or Ibuprofen (Advil, Nuprin, Motrin etc.) is all that is needed. I find 600 milligrams (3 X 200 mg tablets) every 4-6hrs works well. Sleeping with your head slightly elevated is helpful the first night. You should avoid strenuous activity for 48 hours.