

# Post-Surgical Instructions for: Flap Surgery

## Brushing/Flossing

- Brush only the chewing surfaces of the treated teeth
- Do not brush the gum line and do not floss
- You may brush and floss all other teeth normally
- You will be scheduled for a follow up appointment in 7-10 days. Instructions for proper brushing/flossing of the area will be reviewed at that time

## Eating

- Day 1 avoid hot foods (hot soups, coffee, tea) as they will increase swelling
- Day 2 warm foods may be consumed
- Soft foods will be desired due to soreness (pasta, cottage cheese, mashed potatoes, foods soft enough to cut with a fork)
- Avoid crunchy, hard, spicy or salty foods (pretzels, nuts, chips, popcorn)
- Avoid drinking with a straw for 3 days as this can create bleeding

## Chewing

- Do not chew with teeth that have been treated for 1 month. Cut food into small pieces and chew on the untreated side. If both sides of the mouth have been treated, chew lightly

## Discomfort, Swelling, Bruising

- It is normal to experience pain, throbbing or discomfort. Typically the first 2-3 days are when the most soreness occurs, however, discomfort can last a week and possibly into the 2<sup>nd</sup> week
- Delayed discomfort is possible. This means you may feel little to no discomfort the 1<sup>st</sup> week but you may experience some discomfort the 2<sup>nd</sup> week
- Swelling or bruising of the gum, cheek, and chin is normal. To help with swelling, you may place a cold pack on the outside of your face near the treated area repetitively, 10 minutes on 10 minutes off. This is most effective the first 24-72 hours following the surgery
- Minimize talking as much as possible the first day in attempt to help with discomfort and swelling
- Discomfort in the jaw or ear is normal and is often related to the anesthetic given

## Bleeding

- It is normal to experience slight bleeding for the first 2-3 days
- Gauze will be sent home with you, for you to bite on if the area bleeds. Do not use gauze if there is no bleeding. Doing so can create unnecessary bleeding
- Some medications can increase the amount of bleeding such as Aspirin, Xarelto, Plavix, Eliquis, Coumadin, Heparin, Pradaxa, Effient
- If the area is steadily bleeding, fold a piece of lightly moistened gauze into a small square; place it in the area that is bleeding and bite. Change the gauze about every 15 minutes until you no longer see any blood
- If the area continues to bleed with the gauze in place, remove the gauze and replace with a moist small tea bag. The tannic acid in the tea may help control the bleeding. Unfortunately the taste is not pleasant
- If excessive bleeding continues after attempting the above procedures, call the office or after hours emergency phone number on the back of this page

## Sutures

- Sutures (stitches) are resorbable and will come out typically within 5-10 days. They may untie, become loose and hang down from the palate. Do NOT attempt to pull or remove the sutures. If they are long and bothersome, you may trim them with small scissors

## Bandage

- If a pink bandage was placed over the treated area, do not disturb it. It will eventually fall off. Do not be alarmed if it falls off within 1-3 days following the surgery. If it stays in place, we will remove it at your 7-10 day follow up visit
- Once the bandage comes off, it is normal for the tissue to be thick, swollen, red or white in color

### Prescriptions

- **Mouth Rinse**  
Dispense 1 cap full and hold in area for 30 seconds. Gently spit  
Do this twice daily (after breakfast and before bedtime) until you return for your 7-10 day follow up
- **Antibiotic**  
Take as directed until gone. Many antibiotics counteract oral contraceptives, therefore the use of alternative contraceptives to prevent pregnancy is recommended
- **Pain Medication**  
Take as needed (i.e. Ibuprofen, Tylenol, Advil, or prescribed medication)

### Working

- It is not advised to return to work the same day of surgery due to possible discomfort and bleeding
- You likely will be able to return to work the following day
- **If you elect to be sedated for the procedure, you are NOT to return to work the same day but may return the following day. You are NOT to drive until the following day.**

### Exercising

- Avoid exercising or heavy lifting for 2 days.
- Walking is approved
- If you experience throbbing in the surgical area, stop physical activity

### Smoking

- It is best not to smoke during the 1<sup>st</sup> week following the surgery as it will delay the healing process, cause bleeding, and compromise the results of the procedure.

### Questions or Concerns

Office – 317-844-2792

After hours emergency for Dr. Kurt – 317-691-4169

After hours emergency for Dr. David – 317-405-7420

Surgical Assistant \_\_\_\_\_

### 7-10 Day follow up appointment

Date \_\_\_\_\_ Time \_\_\_\_\_ a.m. p.m.

We will call you to schedule

Revised 8/2024