

## POST-OPERATIVE INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

- 1. CARE OF THE MOUTH:** Use only gentle mouth rinses (such as warm salt water) beginning the day after your surgery, also begin brushing all exposed portions of the teeth gently to remove any *food* debris. You can also brush the surface of the tongue. Only floss *or* proxi-brush the areas not involved in the surgery during the first week. If peridex mouth rinse was prescribed begin using it the next day. Continue with the rinse twice daily after brushing until instructed by your doctor.
- 2. DISCOMFORT:** Discomfort will vary in intensity according to the extent of the surgery. Please use the prescribed medication as directed. **DO NOT DRINK ALCOHOL OR DRIVE AFTER TAKING THE PRESCRIBED TABLETS.** It is best to take pain medication with milk, juice or an 8oz. glass of water and not on a completely empty stomach.
- 3. SWELLING:** A slight amount of swelling and even discoloration is not expected but is not unusual following some procedures and usually disappears within 4 to 5 days. To control the swelling, apply an ice pack to the area-5 minutes on and 5 minutes *off* for two hours. Cold packs should be applied only during the first 24 hours after surgery. Warm moist packs may be used if desired after the initial 24 hours.
- 4. BLEEDING:** Slight seeping *from* the wound is to be expected *for* at least 24 hours after surgery. If heavy *or* persistent bleeding occurs, call for instructions.
- 5. DIET:** Adequate nutrition is essential for normal healing. A high protein diet is desirable (milk, eggs, cottage cheese, yogurt, ground meat). Fluids are important (water, milk, fruit juices, unless they irritate the mouth). Eat a semi-soft diet and avoid hot, spicy *or* hard foods that may dislodge the surgical dressings.
- 6. SURGICAL DRESSING:** If a surgical dressing was placed it is important that this remain in place. Because the dressing takes at least 4 hours to become hard, avoid excessive movement of the tongue, lips *or* cheeks, which may dislodge the dressing during this time. It is not uncommon *for* small pieces of dressing to break off in the days following surgery. If the uncovered area causes no discomfort, it is safe to wait until your next appointment. If the dressing is lost and substantial bleeding and *or* pain result, call for instruction.
- 7. NUMBNESS:** For several hours after surgery, there may be numbness of the lips *or* tongue. Avoid biting them *or* soreness may result.
- 8. MEDICATION:** TAKE ALL MEDICATION AS DIRECTED. If any unfavorable reaction occurs (nausea, vomiting, headache, dizziness, rash, etc.) while taking any medication, discontinue its use and contact the office immediately.

medication	quantity	time
Norco 5/325mg	1 tablet	9:00 AM
Ibuprofen 600mg	3 tablets of 200mg	12:00 PM
Norco 5/325mg	1 tablet	3:00 PM
Ibuprofen 600mg	3 tablets of 200mg	6:00 PM
Norco 5/325mg	1 tablet	9:00 PM

### **EMERGENCY PROCEDURES: IF AFTER HOURS CALL:**

**Dr. Almaraz-(775)230-0217 Cell    Dr. Syndergaard -(775)400-6301 Cell    Dr. Bauerle-(702) 577-5198**

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