

ORAL AND PERIODONTAL SURGERY

Post-Care Instructions

You've just had oral surgery and your mouth needs time to heal.

Pain Management

- Pain and/or discomfort can be normal. Everyone's response is different. Some have less, and some have more pain.
- Please take your prescribed antibiotic until it is completely finished. Be sure to eat before you take any pain medication as some medications will upset the stomach.
- Mild discomfort is readily controlled with Ibuprofen or Tylenol. Ibuprofen is also important for reducing swelling, so please take it, if there is no allergy and you are not on a blood thinner, for the first 3 days even if there is no discomfort.
 - a. 3 tabs of Advil 3 times per day
 - b. If needed, taking 2 tabs of 500mg Tylenol 3 times per day with the Advil increases pain control

Swelling

- Swelling and bruising can occur and is normal and usually is the greatest 2-3 days after the surgery and then will decrease.
- In some cases, you may experience edema or swelling. Swelling is often delayed until 24 to 48 hours after surgery. With the presentation of swelling, you can have increased pain. You can expect that 48 hours after the surgery your swelling will peak and then begin to dissipate.
- Any swelling may be kept to a minimum by holding an ice-pack on the outside of your face, adjacent to the treatment area, for the first 2-3 days after your surgical visit – 20 minutes on, 20 minutes off.
- If swelling continues or gets worse after 3-4 days, please contact our office.

Bleeding

- Occasional bloodstains in the saliva may be expected. Your saliva may look light pink in color -- this is normal for the first 24 hours after the surgery.
- If some bleeding continues take a piece of gauze or a dry tea bag (damp with cold water) and cover the area and apply pressure for approximately 10 minutes. If bleeding does not stop, please contact the office.

Diet

- Nourishment is important for the healing process. Eat at a regular schedule and drink plenty of fluids.
- Eat foods that are easy to chew (soft diet recommend) - such as pasta, fish, and protein shakes may be used as needed. Avoid hard, crunchy, or sharp foods such as chips, fried chicken, etc.

- Avoid any hot (temperature) or spicy foods.
- Refrain from alcoholic beverages for the first week as sometimes they can dissolve the sutures and may have an adverse reaction with sedative or narcotic medications.
- You may chew slowly on the opposite side of your mouth from your surgical site, but you should avoid hard foods that require heavy pressure for chewing.

Recovery

- Avoid strenuous activity for 3-5 days including cardiovascular exercise and/or weight lifting. Rest as much as possible.
- Do not smoke after surgery. Smoking slows the healing process.
- Drink ice water slowly, holding the water in your mouth for a few moment, can help reduce swelling and discomfort. **Do not swish or spit** the water as this may disturb the surgery area. **Do not rinse heavily** as this may also disturb the surgery area
- Do not drink from a straw for 2 weeks after surgery
- If you are currently taking oral contraceptive medication please beware that any antibiotics taken can interfere with the birth control for one full cycle.

Oral Health Care

- Keep your mouth as clean as possible.
- Do not use a toothbrush or floss on the surgical site for 5 days. Floss and brush all other areas as normal. After 5 days, you can begin to clean the area by using a soft toothbrush and gently massaging the gums and teeth.
- The day after surgery begin to gently rinse with Listerine Zero (no alcohol), Crest ProHealth, OR warm salt water. Repeat two times (2x) per day as well as after each meal.

Periodontal Dressing and Sensitivity

Following Tissue and Bone Grafting, Osseous Surgery, Crown Lengthening, Frenectomy, Distal Wedge, and other Periodontal procedures:

- Periodontal dressing is only important for the first 24~48 hours. If it falls off, do not be concerned. It is not necessary to replace it. If it does not fall off, we will remove it for you at your next appointment. **DO NOT remove the dressing on your own.**
- After periodontal surgery, sensitivity of teeth can occur. The sensitivity should go away over the next few weeks.

Please call our office if you have any questions or difficulties. If it is after hours, our voice mail has our emergency phone number. If you feel that your symptoms warrant a physician, and you are unable to reach the doctor, please go to the closest hospital emergency room immediately.