

SUNSHINE PERIODONTICS & IMPLANT DENTISTRY

PERIODONTAL POST OPERATIVE CARE

IMMEDIATELY FOLLOWING SURGERY:

- ◆ Bite on the gauze pad placed over the surgical site for 30-60 minutes. After this time, the gauze pad should be removed and discarded. Place another gauze pad if bleeding persists. Refer to the section on BLEEDING for specific details.
- ◆ **Avoid** vigorous mouth rinsing or touching the wound area following surgery. This may initiate bleeding by causing the blood clot that has formed to become dislodged. To minimize any swelling, place ice packs to the sides of your face where surgery was performed. Refer to the section on SWELLING for explanation.
- ◆ Take the prescribed pain medications as soon as you can so it is digested before the local anesthetic has worn off. Having some substance in the stomach to coat the stomach will help minimize nausea from the pain medications. Refer to the section on PAIN for specific details.
- ◆ Restrict your activities on the day of surgery and resume normal activity when you feel comfortable. If you are active, your heart will be beating harder, and you can expect excessive bleeding and throbbing from the wound.
- ◆ *** NO SMOKING UNDER ANY CIRCUMSTANCES. ***

BLEEDING:

- ◆ A certain amount of bleeding is to be expected following surgery. On the skin where the surface is dry, bleeding clots in 10 minutes. In the mouth where things are wet, it takes 6-8 hours for the clot to gel up and the bleeding to subside. Slight bleeding or oozing causing redness in the saliva is very common. For this reason, the gauze will always appear red when it is removed. Saliva washes over the blood clots and dyes the gauze red even after bleeding from the sockets has stopped.
- ◆ Excessive bleeding may be controlled by first GENTLY rinsing, then place a gauze pad over the area and bite firmly for sixty minutes. Repeat as necessary.
- ◆ If bleeding continues, bite on a moistened tea bag for 20-30 minutes. The tannic acid in the tea bag helps to form a clot by contracting bleeding vessels. This can be repeated several times.
- ◆ To minimize further bleeding, sit upright, maintain constant pressure on the gauze (no talking or chewing) and avoid exercise.

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SWELLING:

- ◆ Swelling that is normally expected is usually proportional to the surgery involved. If there was a fair amount of cheek retraction involved during the surgery, then it would be appropriate to apply ice on the outside of the face on the affected side. The swelling will not become apparent until the day following surgery and will not reach its maximum until 2-3 days post-operatively.
- ◆ The swelling may be minimized by the immediate use of ice packs applied to the side of the face where surgery was performed. The ice packs should be applied 10 minutes on/ 10 minutes off for the afternoon and evening immediately following your extraction.
- ◆ Seventy-Two (72) hours following surgery, the application of moist heat to the side of the face may help some in reducing the size of any swelling that has formed.
- ◆ Bright red, rock hard, hot swelling that does not indent with finger pressure, which is getting bigger by the hour, would suggest infection. This usually would develop around day 3-4 after surgery when you would expect swelling to be going down, not up. If this should occur, please call Dr. Simha

PAIN:

- ◆ Periodontal surgery, like other surgical procedures, may be associated with varying degrees of discomfort. This depends on the procedure involved and individual differences. If analgesics have been prescribed, it is usual to take the first dose while the surgical site is still anesthetized ("numb"). All medication should be taken strictly as prescribed. Variation from the prescribed regime can affect healing and the success of your procedure.
 - ◆ Pain or discomfort following surgery is expected to last 5-7 days. For many patients, it seems the third and fourth day may require more pain medicine than the first and second day. Following the fourth day pain should subside more and more every day.
 - ◆ Many medications for pain can cause nausea or vomiting. It is wise to have something of substance in the stomach (yogurt, ice cream, pudding or apple sauce) before taking prescription pain medicines and/or over the counter pain medicines (especially aspirin or ibuprofen). Even coating the stomach with Pepto-Bismol or Milk of Magnesia can help prevent or moderate nausea.
 - ◆ For severe pain take the tablets prescribed for pain as directed.
 - ◆ The prescribed pain medicine will make you groggy and will slow down your reflexes. **Do Not** drive an automobile or work around or operate heavy machinery if you are taking prescription narcotic pain medicine.
- Alcohol and prescription pain medicines do not mix.**

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DIET:

- ◆ Drink plenty of fluids. Try to drink 5-6 eight oz. glasses on the first day.
- ◆ Drink from a glass or cup and **DO NOT** use a straw. The sucking motion will suck out the healing blood clot and start the bleeding again.
- ◆ **Avoid** hot liquids or food while you are numb, so you don't burn yourself.
- ◆ Soft food and liquids may be eaten for the next 5-7 days following the surgery. **Avoid** any hard, gritty foods such as peanuts, popcorn, chips, and hard bread for at least 4-7 days. Also, it is best to **avoid** hot, spicy foods and alcohol for at least 48 - 72 hours.
- ◆ **Avoid** chewing on the side of surgery. The act of chewing doesn't damage anything, but you should avoid chewing sharp or hard objects at the surgical site for several days.
- ◆ Return to a normal diet as soon as possible unless otherwise directed. You will find eating multiple small meals is easier than three regular meals for the first few days. You will feel better, have more strength, less discomfort and heal faster if you continue to eat.
- ◆ **POST SURGICALLY IS NOT THE TIME TO START A DIET**, since this can have detrimental effects on healing and lessen the chances of success of the surgical therapy.

ORAL HYGIENE:

- ◆ Continue to brush and floss the teeth that were not involved in the surgery. The surgical area **should not** be disturbed for the first week post-operatively. **Avoid** vigorous rinsing for the first 48-72 hours.
- ◆ Rinsing with chlorhexidine mouth rinse can be begun the day of surgery. This mouth rinse will keep the surgical area clean while it heals. Rinse softly twice daily for 30-45 seconds and then do not rinse or eat for one hour. Alternatively, you may also rinse gently with salt water.
- ◆ After your sutures have been removed, generally after 1 week, you should lightly clean the teeth using a soft toothbrush or as instructed by your doctor.

PHYSICAL ACTIVITY:

Avoid strenuous physical activity at least for the next 4 to 5 days.

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SMOKING

All smoking should be stopped until after your sutures have been removed to ensure the best healing and success of your surgical procedure.

Healing results are significantly worse in smokers than in non-smokers.

Therefore, if there is any question about smoking...DON'T DO IT.

ALCOHOL:

All intake of alcohol should be stopped until after your sutures have been removed and minimized for the next several weeks after suture removal to enhance healing. The combination of alcohol and certain pain medication is not recommended.

DO NOT'S":

For the next several days, do **NOT** spit, smoke, rinse hard, drink through a straw, create a "sucking" action in your mouth, use a commercial mouthwash, drink carbonated soda, or use an oral irrigating device.

SUTURES:

♦ Sutures ("stitches") are placed to hold the gingival tissues in the proper position for ideal healing. If sutures ("stitches") were placed, your doctor will usually want you to return so that they can be fully removed once sufficient healing has occurred.

♦ **DO NOT** disturb the sutures with your tongue, toothbrush or in any other manner since displacement will impair healing. If you notice that a suture has come out or come loose, notify your doctor during regular office hours.

CONCERNS OR QUESTIONS?

If you need to contact Dr. Simha after office hours, his cell phone number is **(205) 807-6322**.