

Periodontal Scaling and Root Planing Post-Op Instructions

Scaling and Root Planing (**SRP**) can be a necessary procedure to resolve periodontal disease and inflammation. Most patients experience little or no postoperative discomfort. The most frequent complaints are slight tenderness of the gums and tooth sensitivity to cold drinks and foods. Here are some helpful reminders.

1. **Be careful eating while you are numb. Hot foods and drinks – such as soup, pizza, coffee and tea – can seriously burn your mouth. Also, it is easy to bite your tongue and lip while numb.**
2. **Use warm saltwater rinses (1 tsp. salt per 8 oz. of water several times per day for up to one week). This is soothing and promotes faster healing.**
3. **Take an anti-inflammatory pain reliever, if needed. In most cases, ibuprofen (Advil) will be enough to control discomfort.**
4. **It is imperative that you floss and brush daily. Brushing and flossing daily helps to remove plaque and debris from between your teeth. This is crucial in fighting periodontal disease.**
5. **Refrain from smoking for 24-48 hours after the procedure to ensure healthy healing of gum tissues.**
6. **In the healing phase after the completion of SRP, the gums will ideally begin to tighten, shrinking the periodontal pockets. Swelling, redness and inflammation will also resolve. As things heal, this tissue tightening/healing may expose more of your tooth roots than you are accustomed to seeing. This is normal.**

Sensitivity

Tooth sensitivity is common after treatment and usually resolves within 1-2 weeks.

- **Avoid ice cold drinks and foods while teeth are sensitive.**
- **Brushing two to three times daily with sensitivity toothpaste will reduce cold sensitivity. Try using Crest for Sensitive Teeth® or Sensodyne®.**
- **Fluoride rinses like Act® may reduce sensitivity and fight cavities.**
- **In rare instances, cold sensitivity may persist.**

Please be sure to give Atlanta Periodontal Group a call at **770-994-5678** if any tooth sensitivity or discomfort persists. Our team will be sure to set up an appointment with Dr. Marya Barnes and associates to resolve the issue.

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INSTRUCCIONES DESPUES DE UNA CIRUGIA PERIODONTAL O IMPLANTES DENTALES

ACTIVIDAD: Despues de salir de la oficina dental, relaje el resto del dia. Evite la actividad extenuante durante 3 días. Evite fumar durante al menos 24 a 48 horas después de la cirugía.

DOLOR: Al igual que con cualquier cirugía, se pueden esperar algunas molestias. Trate de decir "antes de su dolor" tomando los analgésicos recetados con regularidad durante el primer día. Si el analgésico le provoca náuseas, tómelo con comida o leche.

SANGRANDO: Es normal que haya una pequeña cantidad de sangrado durante varias horas después de la cirugía periodontal. Para reducir la posibilidad de sangrado excesivo, evite beber líquidos calientes, no se enjuague con frecuencia y disminuya su nivel de actividad. Si se produce un sangrado excesivo, aplique gasa o bolsitas de té en el sitio de la cirugía durante una hora según las instrucciones. Mantenga la cabeza elevada con al menos dos almohadas la noche de la cirugía.

HINCHAZON: El día de la cirugía, coloque una bolsa de hielo o una bolsa de guisantes / maíz congelados en su cara durante intervalos de 10 minutos y luego durante 10 minutos hasta que se vaya a la cama. También puede colocar trocitos de hielo en la boca. Esto ayudará a reducir la hinchazón. Los líquidos fríos son muy importantes para reducir la hinchazón, el malestar y el sangrado. Beba sorbos de agua helada, té helado, yogur helado, batidos de leche, puré de manzana o líquidos fríos similares durante el resto del día. Después, el primer día, aplique calor en la zona. **NO USE UNA PAJA PARA BEBER.**

Muchos de nuestros pacientes están "adormecidos" durante un promedio de 3 a 8 horas después de la cirugía. **NO BEBA NADA CALIENTE NI COMA ALIMENTOS SÓLIDOS MIENTRAS ESTÁ NUMB ...** puede quemarse y / o causar sangrado e hinchazón.

COMIENDO: Es necesario mantener una dieta relativamente normal durante el curso de la curación. El día de la cirugía se pega con líquido frío. (Véase más arriba). El día después de la cirugía, comience una dieta de alimentos suaves y continúe durante las próximas 2 semanas; la masticación debe realizarse predominantemente en el lado opuesto al de la cirugía.

EVITE cualquier tipo de alimento que sea "duro y / o crujiente": chips, pretzels, nueces, semillas, palomitas de maíz, crudos, vegetales, tacos, manzanas, etc. Si la cirugía se realizó en la zona frontal de la boca, **NO** muerda ningún tipo de alimento, como mazorcas de maíz, manzanas, etc.

TIPOS DE ALIMENTOS QUE PUEDE COMER: Pastas cocidas, carnes blandas (pavo, pescado, pollo, atún), puré de papas, alimentos para el desayuno (huevos, cereales cocidos, panqueques), requesón, aderezo rápido, refuerzo, atún, batidos.

SUTURAS: Se colocan suturas para mantener los tejidos de las encías en la posición adecuada para una curación ideal. Las suturas se disolverán y saldrán en los próximos 7-30 días (dependiendo del tipo de suturas utilizadas). **EVITE** tocar las suturas con la lengua, el cepillo de dientes o de cualquier otra manera, ya que el desplazamiento impedirá la cicatrización. Si nota que las suturas se han caído el día de la cirugía, comuníquese con nuestra oficina de inmediato.

VENDAJE: Muchos de los quirúrgicos han sido cubiertos con un apósito rosa parecido a una masilla que protegerá el área en los primeros días de cicatrización. Si se desprende antes de la primera cita posquirúrgica, no se preocupe. Solo tíralo. De lo contrario, el apósito y las suturas restantes se retirarán en la cita posquirúrgica.

HIGIENE ORAL: EVITE cepillarse, usar hilo dental, WaterPik y cepillar el área de la cirugía hasta que se le indique. Es importante mantener un nivel normal de higiene bucal en las áreas no operadas mediante el cepillado y el uso de hilo dental.

PERIDEX: Se recomienda el enjuague bucal de gluconato de clorohexidina para la mayoría de las cirugías. Este es un enjuague bucal antibacteriano y mantendrá el área quirúrgica limpia mientras se cura. Comience el día después de la cirugía, enjuague dos veces al día durante 30 segundos después de cepillar / usar hilo dental en las áreas no quirúrgicas. Esto tiende a manchar los dientes, pero el higienista puede pulirlo en su próxima visita de limpieza. Si ha tenido un injerto de tejido blando (alodermo, dermis, etc.), no utilizará este producto ni ningún enjuague bucal comercial hasta que se le indique. El alcohol deshidratará el tejido. Puede enjuagar suavemente solo con agua.

NOTA: NO PASAR LA LENGUA SOBRE EL ÁREA DE LA CIRUGÍA NI TIRAR EL LABIO PARA VER EL LUGAR DE LA CIRUGÍA, ESTO PUEDE MOVER EL INJERTO.

MEDICAMENTOS: Siga las instrucciones del frasco para cualquier medicamento recetado. Si surge alguna reacción adversa a esos medicamentos, como náuseas, picazón, hinchazón o cualquier síntoma alérgico, comuníquese con la oficina de inmediato y suspenda todos los medicamentos de inmediato.

Le sugerimos que no fume durante al menos 5 días después de la cirugía.

NO UTILIZAR PAJITAS, NO FUMAR, NO ESCUPIR.

Se desaconseja enfáticamente el consumo de alcohol cuando se toman medicamentos recetados, como analgésicos, relajantes musculares y antibióticos. Su uso puede provocar interacciones potencialmente letales.

**EL NÚMERO DE TELÉFONO CELULAR DE LA DR. BARNES SE
ENCUENTRA A CONTINUACIÓN EN EL CASO DE QUE ESTÉ
EXPERIMENTANDO UNA EMERGENCIA DENTAL.**

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POST-OPERATIVE INSTRUCTIONS FOR REPAIR Laser procedures

We have completed a laser periodontal procedure utilizing advanced technology to speed healing and create an environment for you to return to a healthy lifestyle.

As we have placed significant effort in providing this treatment to manage your gum disease, your attention to taking care of your self after the procedure is important.

Another phase of your periodontal therapy has been partially or totally completed. The surgical procedure that was performed was designed to eliminate periodontal disease and to repair any defects that the disease caused in the supporting structures around your teeth. Quiet rest these next several hours will insure early, comfortable and complete healing. This is the time to be good to yourself and to be pampered. You deserve it!

COMFORT

You may expect to have discomfort when the anesthetic wears off. We suggest that you take a pain pill before the numbness begins to wear off so that the transition will be smooth. When you begin to feel the first signs of pain, take another pain pill as long as you are within the guidelines printed on the bottle or that we discussed.

It is normal to experience a slight feeling of weakness or chills during the first day or two after surgery. This is part of the body's defense mechanism and is not cause for alarm.

DRESSING (Bandage)

Sometimes a surgical dressing is placed around the teeth in the surgical site. It can serve to protect the area from irritants like coarse or spicy foods. Do not eat or drink hot things for the first couple days and chew food on the non treated side. If small pieces of the dressing are lost or even if the whole thing is dislodged, don't worry. The dressing really doesn't affect healing one way or the other so if you are comfortable there is no reason to replace it.

SWELLING

You may experience some swelling of the face or jaw around the surgical area. It may start during the first twenty-four hours, last a few days then begin to subside. This is a normal defense mechanism and is no cause for alarm. To help prevent swelling, place an ice bag on your face outside the surgical area during the first twelve hours after the procedure. Leave it on fifteen minutes, off fifteen minutes then back on, etc.

Some patients tend to bruise on the cheek adjacent to the surgical area. This is normal and should not alarm you. If swelling or bruising persist and concern you, do not hesitate to give us a call.

BLEEDING

Most dental lasers work with no patient bleeding. Some oozing of blood from the surgical site may occur during the first twenty-four hours so do not be alarmed if you notice pink streaks in your saliva. If it persists and your mouth is

filling with red blood, try to locate the area that it is coming from. Sit quietly, fold a cold washcloth or a tea bag into a "U" and with the thumb and index finger, and apply firm pressure to both sides of the dressing for twenty minutes.

If you are unable to control the bleeding in this manner, give us a call right away. It is also helpful to sleep with your head elevated by a couple pillows the first night after surgery.

ANTIBIOTICS

If you were prescribed an antibiotic, take it conscientiously as directed until all are gone. By stopping in the middle, you can actually do more harm than good.

ORAL HYGIENE

You will not be able to brush or floss the area but you should continue normal procedures in the rest of your mouth.

After twenty-four hours, gently swish with warm salt-water rinses made with 1/2 teaspoon of salt in a glass of warm water to aid healing.

DIET

The importance of a nutritious diet cannot be overemphasized, especially during this healing period when your body is stressed. If you will eat good soft foods, you will feel better, remain more comfortable and heal faster.

Avoid eating on the treated side, if possible. A liquid diet is best for the first one or two meals, such as: milkshakes, smoothies, ensure, boost, Instant Breakfast, fruit juices and lukewarm soup. Avoid hot liquids the first several hours but cold liquids are encouraged.

Soft foods should be eaten during the first five to seven days because they require so little pressure to chew. Here are some suggestions: eggs (omelets, quiche, custard, etc.), cooked cereal, pancakes, pasta, noodle casseroles, meat loaf, baked fish, chicken and dumplings, soft breads and ice cream. Vitamin C aids healing so orange juice and tomato juice are excellent. You should also continue with your normal vitamin supplements.

Removing the long-standing bacterial accumulations from your teeth can result in some sensitivity to cold, hot or sweets. This sensitivity can last anywhere from a couple weeks to a couple months depending on the amount and duration of your bacterial accumulations.

You can help end root sensitivity by exercising good plaque removal since the bacterial acids are a major cause. We can also prescribe a fluoride paste for you to brush on daily that will speed your recovery. Gel and tartar control formula toothpastes tend to make the sensitivity worse so avoid them.

INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY OR DENTAL IMPLANTS

ACTIVITY: After leaving the dental office, relax for the remainder of the day. Avoid strenuous activity (heavy aerobic exercise) for 3 days. Avoid smoking for at least 24 to 48 hours after surgery.

PAIN: As with any surgery, some discomfort can be expected. Try to say "ahead of your pain" by taking the prescribed pain medications on a regular basis throughout the first day. If the pain medication should make you nauseous, take it with food or milk.

BLEEDING: A small amount of bleeding for several hours following periodontal surgery is normal. To reduce the chance of excessive bleeding, avoid drinking hot liquids, do not rinse frequently and decrease your activity level. If excessive bleeding does occur, apply gauze or tea bags on the surgical site for one hour as instructed. Keep your head elevated with at least two pillows the night of surgery.

SWELLING: The day of surgery, Place ice pack (or bag of frozen peas/corn) on your face for intervals of 10 minutes on and off for 10 minutes until you go to bed. You may also place ice chips in your mouth. This will help reduce the swelling. Cold liquids are very important for reducing swelling, discomfort, and bleeding. Sip ice water, iced tea, frozen yogurt, milk shakes, applesauce, Ensure or similar cold liquids for the remainder of the day. After the first day, apply heat (not cold) to the area. **DO NOT USE A STRAW.**

Many of our patients are "numb" for an average of 3-8 hours after surgery. **DO NOT DRINK ANYTHING HOT OR EAT SOLID FOOD WHILE YOU ARE NUMB...** you may burn yourself and/or cause bleeding and swelling.

EATING: It is necessary to maintain a relatively normal diet throughout the course of healing. The day of surgery, stick with cold liquid. (See above). The day after surgery, start a soft food diet and continue for the next 2 weeks, chewing should be done predominately on the side opposite of the surgery.

AVOID any type of food that is "hard and/or and crunchy"-chips, pretzels, nuts, seeds, popcorn, raw, vegetables, tacos, apples, etc. If surgery was done in the front area of your mouth **DO NOT** bite off any type of food such as, corn on the cob, apples, etc.

TYPES OF FOOD THAT YOU CAN EAT: -Cooked pasta meals- (spaghetti, macaroni, and cheese, etc.), soft meats- (turkey, fish, chicken, hamburger, pasta casseroles, tuna, etc.), mashed potatoes/gravy, breakfast foods- (eggs, cooked cereals-oatmeal, pancakes, etc.), cottage cheese, slim fast, boost/ensure, tuna, smoothies

SUTURES: Sutures (stitches) are placed to hold the gum tissues in the proper position for ideal healing. The sutures will dissolve and will be coming out in the next 7-30 days (depending on the type of sutures used). **AVOID** disturbing the sutures with your tongue, toothbrush, or in any other manner since displacement will impair healing. If you notice sutures have fallen out the day of surgery, contact our office immediately.

DRESSING: The surgical area may have been covered with a pink putty-like dressing that will protect the area in the first days of healing. If it comes off prior to the first post-surgical appointment, do not be concerned. Just throw it away. Otherwise, the dressing and any remaining sutures will be removed at the post-surgical appointment.

ORAL HYGIENE: **AVOID** brushing, flossing, WaterPik, and proxy brush the area of surgery until you are instructed to do so. It is important to maintain a normal level of oral hygiene in the non-operated areas by brushing and flossing.

PERIDEX: (chlorhexidine gluconate) mouth rinse is recommended for most surgeries. This is an antibacterial mouth rinse and will keep the surgical area clean while it is healing. Start the day after surgery, Rinse twice a day for 30 seconds after you brush/floss your non-surgical areas. This has a tendency to stain teeth, but it can be polished off by the hygienist on your next cleaning visit. If you have had a Soft Tissue Graft (alloderm, dermis, etc) you will not be using this product or any commercial mouthwash until advised. The alcohol will dehydrate the tissue. You may gently rinse with water only.

NOTE: DO NOT RUN YOUR TONGUE OVER SURGERY AREA OR PULL-ON LIP TO SEE SURGERY SITE, THIS MAY MOVE THE GRAFT.

MEDICATIONS: Please follow the instructions on the bottle for any medications prescribed. If any adverse reactions to those medications should arise, such as nausea, itching, swelling, or any allergic symptoms, please contact the office immediately and discontinue all medications immediately.

We suggest that you do not smoke for at least 5 days after surgery.

DO NOT USE STRAWS. DO NOT SMOKE. DO NOT SPIT.

The use of alcohol is strongly discouraged when taking prescription drugs such as pain medication, muscle relaxants, and antibiotics. Its use can cause potentially lethal interactions.

770-994-5678

If you are experiencing a dental emergency after surgery, please call the office and select the option for Doctor on call.

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INSTRUCTIONS FOLLOWING SOFT TISSUE GRAFT SURGERY

To maximize the chances for a successful Alloderm graft, we recommend that you minimize your talking and DO NOT pull your lips or cheeks to observe the surgical area for at least two weeks. This can dislodge the graft tissue and cut off the blood supply. The key to a very successful result is to keep your mouth at rest as much as possible.

GRAFT: The graft will appear white in color and will remain that way for several days. This is normal.

REST: Lying quietly with your head elevated is recommended for the remainder of the day. Please limit your physical activity to a minimum.

ICE: Applying an ice bag to your face for twenty minute intervals for the first four to five hours after surgery will help minimize facial swelling. Ice can be used for twenty-four hours, if necessary.

MEDICATIONS: Use your anti-inflammatory medication to help prevent swelling discomfort. If given a prescription for antibiotics, make sure you use as directed.

BLEEDING: Some slight bleeding is normal today. You may rinse your mouth gently with iced water or iced tea. Avoid smoking and the use of alcohol, as they will interfere with normal clotting and irritate your mouth.

EATING: You may have something cold to drink or soft to eat. Eating a soft, bland meal the evening of the surgery is the best medicine for generally improving how you feel! Try a milkshake with yogurt or ice cream with some fruit.

PLEASE DO NOT BRUSH THE GRAFTED AREA UNTIL WE SEE YOU AT THE FOLLOW-UP APPOINTMENT.

We are always available to answer your questions.
Please feel free to call us anytime at 770-994-5678 Or if urgent, 404-434-7704