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## 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.

**DR. BARNES CELL PHONE NUMBER IN THE EVENT YOU ARE  
EXPERIENCING A DENTAL EMERGENCY.  
404-434-7704.**