



## Post Op Instructions Following Periodontal/Oral Surgeries to reduce swelling and complications

Wound healing may be less predictable in the mouth because the muscles are constantly in motion with speaking, eating, swallowing and brushing.

Discomfort, swelling, and mild bleeding are normal part of the healing process.

### MEDICATIONS:

Antibiotic***	Take <b>all</b> antibiotics prescribed. with probiotic yogurt with it to reduce antibiotic -related diarrhea
NSAIDS (Ketorolac ibuprofen)	Start <b>before</b> anesthesia wears off One every 6-8 hrs to help with pain AND swelling
Narcotics	Take as needed. Usually needed the night of the procedure.
Medrol***	Take the full row in the morning or as soon as you pick up. Take the next full row the next morning.

\*\*\*Start one day before the procedure if possible .

### SWELLING:

- This can be minimized with ice packs applied gently to the outside of your face and jaw for the first 24-48 hours after surgery - off and on for 10 minutes at a time.
- Do not press hard or rub the area or you risk disturbing the surgical site.
- **The swelling usually peaks in 48 hours**
- This swelling may put pressure on the sutures and the surgical site. You will improve your chances of healing with a better result if you minimize swelling by icing the area for the first two days.

### BLEEDING:

- Apply cold, wet **teabag** in the area and apply continuous pressure by either biting down or applying even finger pressure for 20-60 minutes as needed.
- Keep your head elevated. When you lie down, use two pillows to keep your head slightly raised.
- Do not spit, do not swish vigorously and do not drink through a straw because this may initiate bleeding.
- Do not exercise or do anything that increases your heart rate such as strenuous physical activity because this may raise blood pressure and initiate bleeding in your mouth.



#### CLEANLINESS:

- Do not use an electric toothbrush anywhere in your mouth until your follow-up visit.
- A manual toothbrush with a small amount of toothpaste may be used for the rest of your mouth as well as floss.
- Do not rinse for 3 hours after the procedure. After the initial 3 hour period, you may rinse gently with lukewarm salt water but do not spit forcefully.
- Do not use peroxide, Scope or Listerine.

#### FOOD:

- No: Hot, spicy, sharp (i.e. chips), crunchy,
- Yes: Soft diet such as pasta, meatloaf, fish, chicken, cooked vegetables, smoothies or yogurt, gelatin, mashed potatoes, soup
- Usually you will need to stay on a soft diet for 2-3 weeks but follow your doctor's instructions.

**SUTURES:** Do not tug or remove your sutures. Follow your doctor's orders for your post-operative visits. We use both resorbable and non-resorbable sutures. Your doctor needs to see you for your follow-up to evaluate your healing progress and remove sutures if needed.

**DRESSING:** If a periodontal dressing has been placed, do not disturb it. It may come off before your next appointment. This is not an emergency and you will not need to have it replaced. Do not pull on the sutures if the dressing is lost. If the dressing is still in place at your follow-up visit, we usually remove it at that time.

**REST:** Avoid strenuous activity for 24 hours and get adequate rest. Absolutely no smoking for at least 48 hours.

#### SINUS PRECAUTION:

- Do not blow your nose
- Do not pinch your nose when sneezing (sneeze through your mouth)
- Do not pop your ears
- No blowing up balloons/ flying for 1 week
- Nose spray/decongestants are okay to use
- Some bleeding through your nose the first 24hrs is expected.

If you have any questions or concerns, please don't hesitate to call

Office phone number 770-252-0029