

Dr. Bijan Afar D.D.S., M.S.

PERIODONTAL SURGERY POST-OPERATIVE INSTRUCTIONS

PAIN. -The medication you have been given is for control of pain (i.e. Motrin, Tylenol, Vicodin, Percocet) and should be used definitely for the first 3 days and as necessary thereafter. You can expect however, that prolonged use may contribute to drowsiness, constipation and stomach upset. Please let Dr. Afar know if you have drug allergies, stomach ulcers or if you are taking other medications. The use of alcoholic beverages and smoking increase the pain and the healing period. *You might have increased tenderness in the surgical areas on the third and fourth days following the surgery.* Continue to take your medication regularly. Let Dr. Afar know if sharp pain exists after 5 days post surgery.

SWELLING: *The first day following surgery, you may become aware of some swelling in your face. The second and third days it may increase, but should diminish greatly after the fourth day following the surgery.* To help alleviate this, ice packs should be applied to the outside of the face over the area of surgery: ten minutes on and ten minutes off for the first 5 to 6 hours. You can apply cold for the first 48 hours after the surgery to reduce the swelling. Please let Dr. Afar know if the swelling has not subsided by the fifth day following the surgery. You may experience limited ability for mouth opening in the first 24 to 48 hours after surgery. Excessive physical activity and talking should be kept to a minimum.

BLEEDING: Do not be concerned if traces of blood are noted in your saliva. Occasionally, some post-operative seepage is possible for several hours after the operation. Do not rinse your mouth in the first 24 hours vigorously as a disruption of clot may occur. You can gently rinse with peridex if it is prescribed for you. Peridex may stain your teeth and change the taste sensation. Both of these side effects are reversible when the peridex has been discontinued post healing. *If you have excessive bleeding, do not panic. Apply constant heavy pressure on the bleeding*

area with gauze or a warm tea bag for 20 minutes and then call Dr. Afar. If you have gingival graft procedure, we suggest you arrange to have a ride home.

NUTRITION: Maintaining an adequate diet after the surgery is advisable. Drink plenty of liquids postoperatively to replenish blood loss. You should chew on the opposite side of the surgical area and avoid hard and spicy foods. Broths, baby foods, ice creams, custards, puddings, ground meat and milk shakes are among foods that supply nourishment. Protein powder supplements are also highly recommended.

ORAL HYGIENE: For the first 24 hours following the surgery, avoid brushing the surgical area; however, the remainder of your mouth should be kept clean. After 24 hours you must begin to clean the surgical area. This may be uncomfortable and cause some bleeding; however, by heating the bristles of your toothbrush under hot water, the discomfort can be minimized. You may choose to rinse with dilute solution of salt water 4-6 times per day in addition to peridex. For *best healing results, the surgical area must be kept plaque free.*

PERIODONTAL DRESSING: You may have a plastic-like material, periodontal pack, placed around your gums and teeth for one-week postoperatively. It should remain in place until your suture removal appointment. Small particles of dressing may chip off, but this is of no consequence unless it causes discomfort. If you have had a bone graft, and the pack comes off, let Dr. Afar know immediately.

ANTIBIOTICS: If you have bone augmentation surgery or an implant placed in your mouth, you should have received antibiotics. Take the prescribed antibiotics as directed. If you have any reaction to the antibiotics, discontinue and let Dr. Afar know. If you have any questions that are not covered above, please feel free to call Dr. Afar at any time.