

## Post-Operative Care

### CARE OF THE MOUTH

- **Brushing and Flossing-** Begin brushing and flossing the areas not operated on the, day following surgery. **AVOID THE SURGICAL SITES** until given specific brushing instructions at your 4th postoperative visit. You may notice a white film over the surgical sites, this is completely normal.
- **Mouthwash-** Use the prescribed mouthwash twice daily beginning the morning after surgery until instructed to discontinue.
- **Electric Toothbrushes-** **DO NOT** use an electric toothbrush (i.e. Oral B or Sonicare) for 6 wks following surgery.

### EATING

- **First 24hrs-** Adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to **COLD LIQUIDS**. Dietary supplements such as Ensure or protein based shakes are good choices. **AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, AND DRINKING THROUGH A STRAW.**
- **After 24 hrs-** Gradually progress to soft foods (i.e. cooked veggies, pastas) foods that are easily chewed and swallowed. **DO NOT SKIP MEALS.** If you take nourishment regularly you will feel better, gain strength, have less discomfort, and heal faster.

### ACTIVITIES

- **Rest-** Plan to rest at home the remainder of the day of surgery and the following day. When sleeping, elevate your head to decrease swelling.
- **After 24 hrs-** You may return to normal daily routine, but avoid strenuous activities such as heavy lifting, or exercise, for one week following surgery.

### MEDICATIONS

- **Pain Medications-** Take pain medication w/in one hr after treatment. **NEVER** take pain medication on an empty stomach. **DO NOT USE ASPIRIN** or products containing aspirin for one week following surgery.
- **Antibiotics-** Take prescribed antibiotics as directed, until all have been taken. You will begin this medication the day prior to surgery.

### SWELLING

- **Ice Packs-** Some swelling occurs after periodontal surgery. To minimize this, please use ice packs. (i.e. put some ice in a Ziploc bag) Place ice pack on the outside of your face, over the treated area, for 10 minutes, and then take it off for 10 minutes. Continue for the first 24 hrs after surgery. When you sleep it is better to sleep with the ice packs on the treated area.

**BLEEDING**

- Slight bleeding or oozing is normal during the first 1 or 2 days following surgery. If excessive bleeding occurs, please call our office. (713) 457-6351.

**SMOKING**

- **DO NOT SMOKE for 3wks after surgery.** Smoking is detrimental to healing tissues and will affect the result of surgery. If you can stop smoking for 3wks postoperatively, you may as well quit altogether. ☺

**SUTURES**

- \_\_\_\_\_ **Resorbable-**The resorbable sutures used, usually will be resorbed by the time you return for your post operative visit.
- \_\_\_\_\_ **Non-Resorbable-** If non resorbable sutures are placed, they will be removed at your 3rd post operative visit scheduled for\_\_\_\_\_.

**Upcoming Appointments:**

**Post Op1:** \_\_\_\_\_

**Post Op2:** \_\_\_\_\_

**Post Op3:** \_\_\_\_\_

**Post Op4:** \_\_\_\_\_

*\*\*\*It is our sincere desire that you are as comfortable as possible following surgery. Should you have any questions or problems, please feel free to call our office anytime! \*\*\**