

NASHVILLE DENTAL IMPLANTS

POST-OPERATIVE INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

SWELLING

- **THE FIRST 24 HOURS:** Use an icepack on the outside of your face over the surgical area and alternate 20 minutes on and 20 minutes off until bedtime. Keep your head elevated when lying down by using additional pillows.
- **AFTER THE FIRST 24 HOURS:** Use moist heat to reduce the swelling if necessary.

DISCOMFORT

- Take the pain medication prescribed only if needed. On the day of the surgery, the pain medication works best if taken prior to the anesthesia wearing off.
- **DO NOT TAKE ASPIRIN**, since it may cause or increase bleeding.
- You may take 800 mg of Ibuprofen (Motrin or Advil) then wait 4 to 6 hours and alternate with Extra Strength Tylenol (500mg).

INFECTION AND HEALING

- An antibiotic may be prescribed to prevent infection and speed the healing process. Take it as prescribed until all the medication is gone. **DO NOT MISS ANY DOSES.**
- If ibuprofen (Advil) or another anti-inflammatory (as long as there are no allergies) is prescribed, take all the medication. It will reduce any inflammation and speed the healing process. If unable to take medications, use warm moist heat compresses in 5 minute increments on outside of face.

SURGICAL DRESSING

- If a surgical dressing is placed in the area, **keep away from the dressing** with brushing and flossing, and try to avoid eating or chewing in this area. **Don't worry if small pieces of the dressing break off; just be sure not to pull at it.** If it all comes off, call during regular business hours, since this is not an emergency.

CLEANING YOUR TEETH

- **DO NOT BRUSH OR FLOSS THE SURGICAL SITE.** Keep away and use the Peridex if prescribed. Warm salt water rinses may also be used 3 to 5 times a day to clean the area. Dr. Deweese will inform you when it is OK for you to begin brushing and flossing the area. However, you may brush and floss all other areas in your normal fashion.

EATING

- Avoid drinking alcohol while taking any pain medication. Under certain circumstances, a life threatening drug interaction may occur.
- Do not use a straw since the suction may cause bleeding to start.
- Be sure to maintain a proper diet with plenty of fluids to replace any lost during the surgical procedure.
- Avoid hot foods and hot liquids for the first 24 hours.

SMOKING

- **DO NOT SMOKE.** Smoking delays healing and may actually damage the suture site. Some procedures tend to fail at a very high rate in people who smoke immediately following treatment.

PHYSICAL ACTIVITY

- Limit physical activity during the first 24 to 48 hours. Vigorous exercise may cause bleeding.

PROBLEMS

- **DISCOMFORT:** Some discomfort may be expected. Take the pain medication as prescribed. Discomfort tends to the greatest by the second or third day and diminishes thereafter. Many patients experience minimal or no discomfort.
- **BLEEDING:** Expect slight oozing from the surgical site (pink saliva) for a day or more. If there is active bleeding, use gauze to apply pressure. If no relief occurs within 30 to 60 minutes, contact our office. If you cannot reach our office, go to your local emergency room.

EMERGENCY CONTACT INFORMATION

- **NASHVILLE DENTAL IMPLANTS** is open Tuesday through Friday 7:30am-4:30pm and Monday from 8:00-12:00 pm (front office only). If you have a true dental emergency after hours, please call the office, our emergency line will contact Dr. Deweese or Brittney, our Office Manager (615) 316-9872.