



PERIODONTICS & DENTAL IMPLANTS

COMPREHENSIVE, INNOVATIVE, ESTHETIC SOLUTIONS

PERIODONTAL POSTSURGERY INSTRUCTIONS

ORAL HYGIENE AT THE SURGICAL SITE:

- It is important to maintain a high level of oral hygiene after periodontal surgery. Normal brushing and flossing procedures should be followed throughout the mouth EXCEPT in the area where surgery was performed. This reduces the accumulation of bacteria (plaque), reduces the chances of infection, and minimizes unpleasant mouth odor. **Depending on which type of surgery was performed determines the amount of time you should not brush or floss. Unless otherwise directed do not brush or floss the surgical site for 2 weeks.**
- Beginning the day of surgery, GENTLY rinse 2 times daily (after breakfast and before bed) with a capful of over the counter mouthrinse for a full 30 seconds. DO NOT RINSE VIGOROUSLY or SPIT EXCESSIVELY as this disturbs the surgical area and delays healing.

PAIN:

- Varying amounts of discomfort for 1-3 days after surgery is normal. How much and how long it lasts depends on the type of surgery done, how long it took, and your unique response to it.
- Unless directed otherwise, take 800mg (4 tablets of 200mg) ibuprofen three times per day for the first 24-48 hours.
- Take the pain medication before the numbness wears off and before you experience discomfort.
- Do not take the medication on an empty stomach.
- Norco contains codeine or a similar narcotic, and can make you feel light-headed and nauseous. Take proper precautions while taking these medications (i.e. do not drink alcoholic beverages, operate an automobile, etc.)

HEMORRHAGE:

- To prevent excessive bleeding follow these steps:
 - Don't spit or use a straw for 5 days after the surgery.
 - Avoid strenuous activity for 2-3 days.
- Slow oozing of blood is expected and you may notice blood in your saliva for 1-2 days. If you notice continued bleeding, apply biting pressure with clean rolled-up gauze to the area for 30 minutes. If these attempts are unsuccessful and the bleeding is excessive, please call as soon as possible.

SWELLING & BRUISING:

- Some swelling and/or bruising after surgical procedures is normal. Usually this swelling can be limited by the application of an icepack extra orally to the side of your face over the surgical area. Apply for 10-15 minutes at a time, once or twice per hour during first 24 hours after the surgery. Sleep with your head propped up for the first two nights.

DIET:

- Restrict your diet to soft foods and liquids for 2 weeks, unless directed otherwise. Remember, adequate nutrition is essential for feeling better as well as for healing.
- Avoid eating hard crunchy, spicy, acidic foods, popcorn, peanuts, strawberries, or food with tiny seeds or kernels (chia seeds, poppy seeds, sesame seeds).
- Do not drink through a straw.
- No tobacco products (cigarettes, chewing tobacco, snuff, etc) for 2 weeks. Use a nicotine patch if necessary.

NAUSEA: If any nausea develops, take an over the counter Dramamine tablet at the first sign.

EMERGENCIES:

- If you are experiencing an emergency during our office hours call the clinic at **(402) 557-5862**.
- After hours, and for emergencies only, please contact Dr. Frost on her cellular phone at **(402) 968-0182**.

IMPORTANT DRUG INFORMATION, PLEASE READ

Motrin (Ibuprofen):

This is a medication used to control mild to moderate pain. The medication also has an anti-inflammatory action, helping to decrease swelling and inflammation at surgical sites. It works best when taken before the surgery followed by consecutive doses. The major side effect of Motrin is stomach upset. Take Motrin with meals or with milk to lessen this complication. If you are prone to stomach ulcers, take this medication cautiously and discontinue if you have any stomach pain, nausea, or vomiting. Do not take Motrin if you have had any allergic type reactions (itching, swelling, rash, difficulty breathing, etc.) after taking Motrin, aspirin, or other non-steroidal anti-inflammatory medications. Motrin has been reported to make some people drowsy (1 in 100). The maximum dose for Motrin is four (4) over the counter (200mg) tablets every eight (8) hours. **No matter, what, please take 800mg Ibuprofen 3x/day for the first three days following your surgery to reduce inflammation and pain.**

Non-Narcotic Pain Management

Alternating dosage of over the counter Ibuprofen and Tylenol every 4 hours has been scientifically shown to be just as effective as narcotics for management of pain. Please use the following regimen as long as your medical doctor has not given you any restriction to the use of Ibuprofen and/or Tylenol.

Ibuprofen 600mg → Tylenol 325mg → Ibuprofen 600mg → Tylenol 325mg

Norco (Hydrocodone + Acetaminophen)

This medication is used to control moderate to severe pain. This medication may make you drowsy, so avoid operating any machinery, making business decisions, or driving while taking this medication. Take 1 tablet every 4-6 hours for the pain. This medication may be taken in conjunction with ibuprofen (generic or brand name Motrin or Advil). You CANNOT take Tylenol in addition to this medication. This medication is optional and not necessary if the ibuprofen is sufficient to manage your pain. **There is a potential for addiction to this medication, so please only fill this medication if absolutely necessary. Destroy any unused medication by returning to a pharmacy.**

Donor Site (Surgical Palatal Stent) Instructions:

1. Keep the stent in place for 24 hours following surgery, or as directed otherwise.
2. After 24 hours, remove the stent, rinse, and put it back in place.
3. Removing the stent:
 - a. using your index finger, place the pad of your finger behind your upper front teeth so you are touching the appliance on the roof of your mouth.
 - b. find where the roof of your mouth meets the appliance and with some force pull forward and down.
4. This appliance is only designed protect the roof of your mouth where the tissue graft was obtained, you may wear it all day, but remove the appliance to brush and floss.
5. For your comfort, you may remove at night time.
6. Keep the appliance in a safe space away from pets.
7. To clean the appliance, use antibacterial soap and a toothbrush. You may also use mouth rinse.
 - a. DO NOT use toothpaste, it is too abrasive.