

POST-OPERATIVE INFORMATION AND INSTRUCTIONS

The following suggestions and reminders will be beneficial to your post-operative progress and will aid considerably in promoting comfortable healing. Please read the instructions carefully and follow the recommendations. If you have any questions or concerns, please do not hesitate to contact me after office hours at my home number, 256-767-4234. If you cannot reach me at home, call the office number and the answering service will page me.

MEDICATIONS: Take the following medications as directed:

- a. _____
- b. _____
- c. _____
- d. _____

BLEEDING: A slight amount of bleeding is not uncommon for the first 12 hours. You can usually control the slight amount of bleeding by:

- a. Holding a strong solution of cold tea in your mouth until it reaches body temperature- repeat several times.
- b. Applying an ice bag to your face.
- c. Applying firm pressure with clean wet gauze or tea bag to the edge of the dressing at the area of bleeding.
- d. Keeping your head elevated with at least two pillows the night of the surgery.

SWELLING: Some swelling is to be expected following periodontal surgery. The amount varies with every patient and with the extent of surgery. Swelling should be greatest at the second or third day and should start subsiding by the fourth day. The following tips will be helpful in controlling swelling:

- a. During the first 24 hours after surgery apply ice packs to the face and neck, alternating the pack on and off every twenty minutes.
- b. After the first 24 hours, apply heat to the area of swelling by using a warm, moist compress or a heating pad on low setting, or warm salty rinses (add ½ teaspoon of salt to an 8 ounce glass of warm water and lightly rinse every other hour as needed for comfort).

DISCOLORATION: On occasion, discoloration or bruising of the skin is seen following periodontal surgery. Slight bleeding into the tissues following surgery causes the discoloration and only time will eliminate it- usually a week to ten days.

FEVER: A slight elevation of temperature, chills, and weakness may be experienced during the first 24 hours. The temperature elevation should not be over 1 or 2 degrees. If you have excessive rise in temperature, notify our office.

DISCOMFORT: Some discomfort should be expected following periodontal surgery. However, the medications prescribed should keep you comfortable. If you have excessive discomfort, please notify the office.

John M. Lane, DMD

1912 Bruin Drive, Florence, AL 35630

1 888 560 8048 • Phone 256 760 8000 • Fax 256 760 0176

34 Hughes Road, Suite A, Madison, AL 35758

Phone 256 774 8150

gumsrus2@comcast.net

ACTIVITIES: Rest for the first 24 hours and avoid exertion. After 24 hours you can resume your normal activities within reason. Activities which increase your heart rate should be avoided during the first week following surgery.

SURGICAL DRESSING: The area(s) of surgery may have been covered with a dressing or surgical pack. It will harden within an hour. The dressing provides a protective covering and will withstand moderate stresses of light chewing and tooth brushing. It generally remains in place until your next appointment at which time it will be removed. Should the dressing become loosened or dislodged, do not become alarmed. This is okay. Just be careful when eating and stay with soft foods.

ORAL HYGIENE INSTRUCTIONS:

- a. You should carefully brush the biting/chewing surface of the teeth in the surgical sites. Do not brush the gum tissue. It is helpful to soften your toothbrush by placing it under warm water.
- b. After the first 24 hours you can begin to utilize warm salty rinses. Also, Crest Pro-Health rinse will help clean by killing the germs that cause plaque, gingivitis, and bad breath. It can be used twice daily.
- c. Avoid the use of electric toothbrushes, Water Piks, floss, tooth picks, sulcus brushes and proxa brushes until the first post-operative appointment.
- d. Patients with a palatal guard should wear the guard 24 hours a day. It should be removed for the first time the morning after surgery. Subsequently, it should be removed after meals and in the morning to thoroughly brush and rinse.

DIET: Maintaining a nutritious diet during healing is most important. A patient who maintains a healthy diet of soft foods generally feels better, has less discomfort, and heals faster. A hungry person becomes irritable and nervous and becomes more susceptible to discomfort. During the first 24 hours, drink plenty of fluids but avoid the use of a straw as it can promote bleeding. Foods that require less chewing, that are not spicy or temperature hot are best. Some suggestions are listed below.

Breakfast: tea, juice, warm coffee, cooked cereals (oatmeal, cream of wheat, etc), eggs, Ovaltine, Carnation Instant Breakfast, Ensure

Lunch and Supper: soups, eggs, mashed potatoes, mashed beans, finely chopped chicken or fish, ground beef, apple sauce, cottage cheese, yogurt, cool milkshakes and soft ice cream

CONTACT ME IMMEDIATELY IF YOU HAVE ANY QUESTIONS.

HOME: 256-767-4234

OFFICE: FLORENCE: 256-760-8000 ; MADISON: 256-774-8150