

Asheville Periodontics

Post-Operative Instructions

Optimal healing following periodontal surgery is dependent on proper post-operative care. It is very important to follow these post-operative instructions to facilitate healing after periodontal surgery.

Most surgeries involve repositioning of the gum tissues and sutures are placed to keep tissue in the proper position. Do not cut or remove sutures on your own.

After all surgeries, the most important factor which promotes healing is *stabilization of the surgical site*. Thus, the surgical site must remain undisturbed for at least 10 days. **DO NOT** pull at your lip or cheek to visualize the surgical site for any reason.

Post-Operative Instructions:

- Take all antibiotic medicines as prescribed, with food.
- If you do not feel that you need medication for discomfort you do not have to take anything. However, we recommend taking 200mg of Ibuprofen together with 500mg of Tylenol every 4-6 hours.
- If you are given a prescription such as Hydrocodone, do not take any additional Tylenol.
- Apply **ICE PACK** to surgical site frequently (20 minutes on/off) to minimize swelling.
- **DIET:** You may eat nutritious foods in order to heal properly, just be careful not to chew or bite anything in the treated area. Food should be cut into small pieces that can be easily swallowed. See that your diet has soft, high protein foods: such as eggs, baked fish, ground beef, etc. Avoid: hard, sharp, spicy or salty foods, extremely hot food and drink.
- Light bleeding may be experienced in the first 24 hours. If heavier bleeding occurs, moisten a gauze pad or tea bag with cold water. Place it over the area and hold for 10 minutes. Repeat if necessary. For 2-5 days moderate swelling/ bruising **IS** to be expected
- **USE** the Perioscience Gel 5 times a day for the first 10-14 days following the surgery.
 - Apply gel to tongue or clean finger and gently massage the surgical site.

DO NOT

- Take aspirin products (Aspirin increases bleeding).
- If taking any type of blood thinner, do not take Advil or ibuprofen as to this can increase bleeding.
- **DO NOT SMOKE.** (smoking will severely compromise the healing and success of your surgery)
- **DO NOT CHEW** on the surgical site for a minimum of 10-14 days.
- **DO NOT RINSE** i.e. heavy swishing for 10-14 days
- **DO NOT** disturb the surgical site, with eating, excessive movement, brushing/flossing or attempting to look at the site.
- **NO HEAVY** activity/ exercise for 48 hours. Keep blood pressure down!
- **AVOID** extremely **HOT FOOD AND DRINK** for the first 24-48 hours as it may cause bleeding.
- **DO NOT REMOVE** dressing or sutures. They may fall off throughout the following week, but try to leave it undisturbed.
- **DO NOT SNEEZE** or **BLOW YOUR NOSE** (applicable to procedures where sinus was accessed). Afrin nasal spray and an over the counter decongestant such as Allegra or Claritin is recommended.

Contact me immediately if you notice any of the following:

- Excessive bleeding
- Severe pain is present
- Marked swelling
- High grade temperature

During business hours 828-665-4405 and after hours: Dr. Goggin 828-423-0146