



ASHEVILLE PERIODONTICS  
& IMPLANT DENTISTRY  
Susanna M. Goggin, D.M.D. P.A.

### **Post-Operative Instructions with Gel**

Optimal healing following periodontal surgery is dependent on proper post-operative care. It's important to follow post-operative instructions to promote healing after surgery until instructed otherwise. It is our sincere desire that you are as comfortable as possible following surgery. If you have any questions or concerns, please contact our office at any time.

#### **Things To Do**

- Take **all** antibiotic medicines as prescribed, with food. Antibiotics without food can cause nausea/vomiting. Finish the entire prescription as the directions indicate.
- We recommend taking **600mg of Ibuprofen with 650mg of Tylenol every 4-6 hours**. *You can take this combination along with the long acting anesthetic.* Do not wait until you are in pain!
- Apply the given ice pack to the surgical site frequently (20 minutes on/off) during waking hours to minimize swelling.
- **DIET:** Softer foods should be eaten in order to heal properly, chew on the opposite side of the mouth (**DO NOT CHEW** on the surgical site). Food should be cut into small pieces that can be easily swallowed.
- **NO** extremely **hot foods/drinks** for the first 48 hours as it promotes bleeding.
- Light bleeding is very common for the first 48 hours. If bleeding seems heavier, place a moist tea bag over the area & hold pressure for 10 minutes. Repeat if needed.
- Swelling and Bruising **often** occur. Swelling could last for 5-7 days and bruising can last up to 10 days after surgery. We recommend that you allow 2 weeks of healing time in case these occur.
- **USE** the Periosciences Gel every 3 hours during waking hours for the First week following surgery, then 3 times per day until your post op.
- Place gel in the mouth near the surgical site, it will become liquid once it enters the mouth. Let the gel sit for 30 seconds, gently spit the excess out (**Do Not Swallow**). Do not eat or drink for 30 minutes after.

#### **Things NOT To Do**

- **DO NOT CUT** or remove sutures.
- **DO NOT SMOKE** Smoking will **severely** compromise the healing & success of your surgery.
- **DO NOT RINSE** or do any heavy swishing for 2 weeks.
- **DO NOT** disturb the surgical site, with eating, excessive movement, lip/tongue pressure, brushing/flossing or trying to look at the site. Your diet/hygiene will be modified by Dr. Goggin as she monitors your healing.
- **DO NOT** drink through a straw for two weeks.
- **NO HEAVY** activity/exercise for 48 hours. Anything that can increase your blood pressure can cause bleeding & discomfort at the surgical site. High intensity workouts may be suspended for 5-7 days.
- **DO NOT REMOVE** dressing or sutures. Sutures that dissolve will do so within 5-7 days. Dressings should last for 3-5 days. If it comes off early, it only needs to be replaced if bleeding/discomfort is present.
- **DO NOT SNEEZE** or **BLOW YOUR NOSE** (after procedures where the sinus was accessed). Afrin nasal spray and an over-the-counter decongestant such as Allegra or Claritin are recommended.
- If you are prescribed pain medicine, **DO NOT** take any additional Tylenol or Acetaminophen.
- **DO NOT** take aspirin products, they will cause increased bleeding.

**Contact me or the office immediately if you notice any of the following:**

- Excessive Bleeding  
- Marked Swelling

- Severe, Worsening Pain  
- High Grade Temperature

**Normal Business Hours: 828-665-4405**

**Dr. Goggin's After-Hours Line: 828-423-0146**



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## Guidelines for the Soft Diet (until at least your first post-operative appointment)

Food Group	Foods Allowed	Foods to Avoid
Beverages	All	No hot beverages for the first 48 hours after surgery. No drinking through a straw
Soups	Mildly seasoned broth, bouillon, or cream soup	Chunky soups or chowders
Meats	Any moist, tender meats, fish or poultry (lamb, veal, chicken (small bites), turkey, pulled pork, eggs, creamy peanut butter)	Fried chicken or fish with bones, shellfish, fried, salted, or smoked meats, sausage, cold cuts, raw or dried eggs, dried beans, nuts, and seeds
Dairy	All milk products, smooth yogurt, soft cheese (cottage cheese, goat cheese)	Yogurt with nuts or seeds, cheeses with whole seeds, or hard cheese
Fruits	Cooked or canned fruits, banana, avocado, fruit juice, apple sauce, Banana, Avocado	All raw fruit (except banana and avocado), dried fruits (dates, raisins), coconut, fruits with seeds (strawberries, blueberries, and raspberries)
Vegetables	Canned or steamed vegetables, soft potatoes	Raw/crunchy vegetables, fried vegetables, hashbrowns, olives
Grains	Oatmeal or other cooked cereal, soft bread without crust, pasta	Crusty/crunchy breads, crackers, crunchy or dry cereal, Anything with seeds or nuts, toast, flax seeds, quinoa
Desserts and Sweets	Smooth ice cream, frozen yogurt, sherbet, fruit ices, custards, puddings	Desserts or candy made with dried fruits, nuts, coconut, candied fruit, peanut brittle, hard candy

### **Good General Rules**

- Only eat foods that do not “make noise” when you chew.
- If you have to open wide to eat a food item, cut it into smaller pieces.
  - Stick to things you can cut with a fork only



### Pre-Surgical Instructions

1. Please inform our office of any allergies to medications.
2. Take all routine medications as directed by your physician. Please inform our office of all routine medications you are currently taking.
3. 10 days prior to your surgical appointment please stop taking the following medications: vitamins & supplements that can thin your blood.

#### **Vitamins/**

##### **Herbals:**

Fish Oil (Omega 3)  
Glucosamine  
Chondroitin  
Vitamin E  
Vitamin C (large doses)

##### **Herbals:**

Ginseng  
Green Tea  
Feverfew  
Ginkgo Biloba  
Kava Kava  
St. John's Wort  
Tolmetrin (Tolectin)

#### **Non-Steroidal/**

##### **Anti- Inflammatory:**

Valdecoxib (Bextra)  
Diclofenac (Voltaren, Arthrotec)  
Diflunisal (Dolobid)  
Etodolac (Lodine)  
Fenoprofen (Ansaid)  
Indomethacin (Indocin)  
Ketoprofen (Orudis, Oruvail)  
Ketorolac (Toradol)  
Meloxicam (Mobic)  
Nabumetone (Relafen)  
Oxaprozin (Daypro)  
Piroxicam (Feldane)  
Rofecoxib (Vioxx)  
Sulindac (Clinorol)

#### **Anticoagulants/**

##### **Antiplatelets:**

Fondaparinux (Arixtra)  
Asprin/Dipyridamole  
(Aggrenox)  
Warfarin (Coumadin)  
Rivoxaban (Xarelto)  
Apixaban (Elequis)  
Ticagretor (Brilinta)  
Clopidogrel (Plavix)  
Prasugrel (Effient)  
Dabigatran (Pradaxa)  
Heparin  
**Asprin Products:**  
Bayer  
Excedrin  
Bufferin  
Anacin  
Alka-Seltzer

If you are on a prescription anticoagulant (blood thinner) we **do not** need you to discontinue this medication unless you have been instructed to do so by the prescribing physician. Improper discontinuation of these medication can be hazardous.

4. Any necessary prescriptions will be sent to your preferred pharmacy, please pick up and store in a safe place. If prescribed an antibiotic, you may need to start taking it the day before your surgical appointment. Dr. Goggin will let you know if this is needed.
5. Eat a light meal prior to your surgical appointment, avoid heavy or greasy foods.
6. Following surgery, you should have cold liquids for the first 24 hours. Protein shakes, Ensure, ice cream and yogurt are good choices.
7. You will be able to drive yourself home after surgery, but you may wish to arrange for a driver. If a medication such as Valium or Xanax is prescribed for anxiety we highly encourage a driver.
8. Plan to rest the remainder of the day and the following day after your surgical appointment.

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