

# Post-Operative Instructions for Periodontal & Oral Surgical Procedures

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Bleeding:** Avoid using a straw and frequent spitting.

- Saliva may be slightly tinged with blood; this is normal.
- Relax in a reclined position, but keep head elevated to minimize bleeding and swelling.
- If you find a steady flow of bright red blood, apply gentle but firm pressure to the surgical site with moist gauze for 15 minutes.
- If bleeding continues, repeat for 15 minutes with a wet tea bag.
- If bleeding persists, please call the practice at (919) 442-1670.

**Pain:** Ibuprofen (Advil or Motrin) or Acetaminophen (Tylenol) is very effective for relief of pain.

Ibuprofen \_\_\_\_\_ mg every \_\_\_\_ hours. No more than 3200 mg in 24 hour period.

Acetaminophen \_\_\_\_\_ mg every \_\_\_\_ hours. No more than 4000 mg in 24 hour period.

- You may also be given a prescription for pain medication.
- Avoid aspirin for pain relief because it may contribute to bleeding.
- If you have pain that the medication does not relieve, call your periodontist (see numbers on reverse side).

**Antibiotics:**

- You may be prescribed an antibiotic to prevent infection.
- Be sure to finish the antibiotic, no matter how you feel.
- If you notice a skin rash or swelling of lips, fingers or throat, stop drug immediately, and call our clinic (see numbers on reverse side).

**Swelling:** A natural and necessary reaction to any injury and is normal to experience after surgery.

**Ice:** Apply an ice pack on the cheek/lip next to the surgical area as soon as possible, 15 minutes on and 15 minutes off, until bedtime.

**Discolored tissues:** The tissues near the surgical site may appear discolored. This is similar to a bruise and will resolve.

**Smoking:** NO SMOKING for 48-72 hours.

- Smoking decreases oxygen flow to the surgical site and impairs healing.

**Alcoholic Beverages:** Avoid alcoholic beverages.

- Alcohol may slow initial healing of your surgical site.

**Diet:**

- TODAY: Cold, soft foods (yogurt, cottage cheese, Jell-O) or liquids (Ensure, Boost, Carnation Instant Breakfast) are best.

- TOMORROW: Warm, soft foods (soup, mashed potato, eggs, fish).
- Chew on the OPPOSITE side of your surgery.
- Avoid hard and crunchy foods, such as chips, nuts, or popcorn.

**Exercise:** Avoid strenuous exercise for 1-3 days.

- Raising the heart rate can increase swelling and bleeding.

**Brushing:** DO NOT brush the surgical site and/or dressing.

- DO brush and floss your other teeth.

**Rinses:** No vigorous rinsing.

- Your dentist may prescribe an antibacterial rinse, which will temporarily replace brushing at and around the surgical site.

**Sutures/Stitches:** [ ] No [ ] Yes [ ] L Dissolvable [ ] L Non-dissolvable

- You may have more than one type of suture placed.

**Surgical Dressing:** [ ] No [ ] Yes

- This may come off after a few days; this is normal.

Please contact Dr. Bhagat at (919) 442-1670 if there is a problem with:

- Excessive bleeding
- Pain not controlled by pain medication
- Any reaction to a medication
- Any nausea following the taking of the analgesic and antibiotic tablets

### **Patient Acknowledgment:**

It has been explained to me, and I fully understand, that a perfect result is not and cannot be guaranteed. By signing this form I understand that I am responsible for following the post operative instructions listed herein, and that ultimately the success of my implant, and any additional fees associated with future care for complications, is my responsibility, should they arise.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

Doctor: \_\_\_\_\_ Date: \_\_\_\_\_

