



PERIODONTAL SURGERY INSTRUCTIONS

BEFORE SURGERY

1. If given prescriptions fill them right away.
2. If given antibiotics, **start taking them 24 hours prior to your scheduled surgery. Continue taking them at the prescribed interval until they are gone.** Arrange the timing so that you are not waking in the middle of the night to take them.
3. If given a prescription rinse: start rinsing on the morning of your scheduled surgery.
4. Dress casual and comfortable; no loose jewelry or contact lenses.
5. Bring a CD or MP3 player if you like.
6. **If orally sedated: You must have a driver to and from appointment.**

AFTER SURGERY

Swelling: Some swelling is expected following surgery. Use an ice pack for the first 6 to 8 hours: 20 minutes on and 10 minutes off. Place the ice pack on the outside of the face where the surgery was performed. Swelling usually peaks on the third day.

Bleeding: You may notice slight bleeding, or your saliva may be pink. This type of minor bleeding for one or two days is not unusual and is not a concern. If you notice obvious blood flow, notify the office at once.

Diet: For your comfort, a cold diet and soft foods is recommended. Avoid chewing in the area of the surgery. Avoid sharp foods as they may be uncomfortable and could cause damage to the surgical site. For the first 24 hours consume a cold liquid diet only.

Physical activity: For the remainder of the day, take it easy. Avoid physical activity during your immediate recovery, usually 1 to 2 days.

Stitches and Dressing: If the stitches become loose, avoid playing with them. If we have placed a dressing over the surgical area it will look like pink putty around the teeth. If it should come loose or break off, just take it out. The dressing and sutures will be removed at your post-operative visit.

Oral hygiene: Continue to brush and floss the teeth which were not involved in the surgery. **Do not brush or floss teeth in the surgical area until Dr. Elkhoury advises you that you can.** If prescribed an oral rinse, use it as directed.

Discomfort: If pain medications have been prescribed, please take them as directed on the bottle **before the anesthetic wears off.** Many pain medications contain a narcotic. If this is the case, you should not operate heavy machinery or a moving vehicle while taking these medications.

Do Not: For the next several days, do not smoke, rinse vigorously, drink using a straw, or create a "sucking" action with your mouth.

IF YOU HAVE ANY QUESTIONS OR CONCERNS WITH THE MEDICATIONS OR SURGICAL AREA, CONTACT DR. ELKHOURY DURING OFFICE HOURS at: 707.938.2155 and AFTER OFFICE HOURS at: 707-227-6656 or 707-227-6657.