



## **POST-SURGICAL INSTRUCTIONS**

**MEDICATIONS** – Refer to the **Post Operative Medications** Sheet for medication instructions following surgery or treatment.

**SUTURES AND SURGICAL BANDAGE** – If sutures and surgical bandages were used, they are expected to remain in place until your return to the office for your first post-op visit. **NOTE:** It is normal for dissolvable sutures to begin to melt before your first post-op visit. The surgical bandage may come loose or a sizable portion may come off. If so, please **do not** place it back in position. Instead, use a cotton swab dipped in Peridex to gently clean the exposed area. Be sure to gently clean food out from between teeth after meals. Let us know if you have any discomfort. **SALT WATER RINSING**-1/2 tsp salt & 8 ounces warm water; use frequently throughout the day.

**SWELLING** – Swelling and discoloration in varying degrees may follow oral surgical procedures. The use of ice packs will help diminish the amount of swelling that may occur one to three days following surgery. Alternating ice packs “on and off” in 15 to 20 minute intervals (or alternating sides of the face) is recommended. **DO NOT USE HEAT UNDER ANY CIRCUMSTANCE.**

**BLEEDING** – Some bleeding or oozing following oral surgery is not unusual. Avoid vigorous or strenuous activity during the first 24 hours following surgery. Avoid vigorous rinsing and forceful spitting as these tend to prolong or increase bleeding. Keep head elevated slightly rather than lying flat. If bleeding persists, use a cold, damp tea bag applied directly to the site of bleeding. If bleeding persists, call the office immediately.

**HYGIENE** – We recommend gently swabbing with Peridex/PerioGuard (prescription) two or three times each day following all procedures. Gently brush the tongue and chewing surfaces of the teeth with a soft toothbrush to keep the mouth as clean as possible. During post-operative visits, oral hygiene instructions will be given for each phase of healing.

**TOBACCO AND ALCOHOL** – Tobacco and alcohol use should be kept to the very minimum. Smoking is an irritant to healing tissues and may slow down or affect the healing process. Alcohol should not be used in combination with pain medications and can inhibit the effectiveness of antibiotics as well.

**NUTRITION** – It is important to maintain a nutritious diet during the post-op phase since people who eat well will usually feel better, have less discomfort and heal faster. During the first 48 hours following surgery, hot foods or liquids should be avoided. Warm, cool or cold temperatures are best. You may want to consider eating four or five smaller meals daily rather than two or three large meals. A soft diet that is well balanced and high in protein is recommended. Dietary supplements such as Ensure, Boost, etc., are good choices if a well-balanced diet is difficult to follow. Cooked cereals, cooked vegetables, soups, pasta, soft breads, pudding, yogurt, baked or broiled fish or chicken, eggs and ice cream can satisfy hunger and are suitable for a soft diet. Avoid very spicy or acidic foods which can irritate the tissues. Also, avoid foods that are crunchy, chewy or fried, and food with small, hard seeds which can work their way into surgical sites.

**ADEQUATE FLUID INTAKE IS IMPORTANT.** Be sure to drink liquids as much as possible for the first few days. **(Do Not Use Straws.)** A low-grade fever can sometimes indicate inadequate fluid intake. If your temperature rises over two (2) degrees, please call the office.

**VITAMINS** – We encourage your use of daily multi-vitamins/mineral supplement.



## POST-OPERATIVE MEDICATIONS

### Pain Medication/Over-the-Counter

The combination of Ibuprofen (Advil or Motrin) and Acetaminophen (Tylenol) is an excellent pain medication. 600mg of ibuprofen combined with 500mg of Acetaminophen may be taken every 6 hours. This combination should be utilized as your main pain medication. Do not take any of the above medication if you are allergic to it, or have been instructed by your doctor not to take it.

**600mg Ibuprofen + 500mg Acetaminophen every 6 hours as needed for pain**

### Pain Medication/Prescription

If pain medication is prescribed, take it as directed for pain. If you are still having pain after taking ibuprofen and acetaminophen, you may add the prescription pain medication to help alleviate the pain.

*\*\*Do not drink alcohol or operate a motor vehicle while taking prescription pain medications.*

### Antibiotics

If **antibiotics** are prescribed, take as instructed, until completed, to help prevent infection.

*\*\*If you are of childbearing age and are on birth control pills, you should be informed that antibiotics may interfere with their effectiveness. Use alternate birth control methods for two months.*

### Oral Rinse

Starting the day after surgery, gently rinse, or swab as directed, with the prescribed oral antibiotic (Peridex or Periogard) once in the morning and once in the evening. Daily warm salt-water rinses (2-3 per day) are also recommended for the first week following surgery. For the salt-water solution, use approximately 1/2 tsp. salt in an 8 oz glass of warm water.

### Regularly Prescribed Medications

You should take your regularly prescribed medications on the day of surgery as directed by your physician.

**Special Note:** *Take medications with a full glass of water at room temperature, preferably after some food has been eaten. Let us know if you have adverse reactions (including itching, rash, nausea or diarrhea) to any medications.*



# CAPITAL PERIODONTAL

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