

## First 24 hours Post Surgery Instructions

1. Medications: Take a prescription of Ibuprofen 600mg & 1 Extra Strength Tylenol 500mg every 6 hours. Do not take any other anti-inflammatory medications with Ibuprofen. Tramadol (if prescribed) as needed for pain in addition to Ibuprofen and Tylenol. Continue taking your antibiotic as prescribed.
2. Bleeding: Blood tinge saliva is normal for the first 24 hours. No vigorous rinsing or spitting. Tea bags wet with cold water, and water squeezed out, held under pressure for 20-30 min area of active bleeding will stop most seepage. If bleeding continues, please contact our office. Keep your head elevated, over heart, with an old pillowcase or towel under your head.
3. Ice cold pack: Swelling can be minimized by applying ice pack to affected area(s), 10 minutes on and 10 minutes off for 48 hours.
4. Diet: Cold and soft diet is recommended for 48 hrs. Examples- Ice cream, Jell-O, yogurt, applesauce, cottage cheese. Drinking cold liquids is best. Protein drinks, Ensure or smoothies (no fruit with the seeds) are highly recommended. No straws for 48 hrs.
5. Hygiene: Do not brush or floss the affected area(s). You can brush and floss all other unaffected areas of the mouth as normal. The morning after, begin gently bathing the surgical area(s) with Peridex, Stellalife or Perioscience Gel.
6. Activity: No strenuous activity the rest of the day, no physical exertion that increases your heart rate. No smoking.

For further post-surgery instructions please refer to your initial folder or our website. [Raleighperio.com](http://Raleighperio.com) under the patient information tab- patient forms.

## Post-Surgical Instructions

(Please retain these post-surgical instructions to refer to after your surgery)

### Medications

- Antibiotics: Take as directed on the bottle until all are gone. If rash or nausea occurs, call office immediately. Antibiotics have been shown to decrease the effectiveness of birth control pills.
- Ibuprofen & Tylenol: Take a prescription of Ibuprofen 600mg and one over the counter Extra Strength Tylenol 500mg every 6 hours for the next 3-4 days following surgery or longer as needed. The best pain management is to stay ahead of discomfort and take medication on a regular basis.
- Tramadol: If prescribed, can be taken as directed, as needed for discomfort. Narcotic pain medications should not be mixed with alcohol, tranquilizers, or sleeping pills.
- Pain may peak on day 3, so stay on schedule with pain meds for at least the first 3 days.

### Foods

- Entire day of surgery: Cold and soft foods only. Cold drinks only. Examples: Ice cream, shakes, pudding, yogurt. No straw for the next 2-3 days.
- 24 hours after surgery: You may start incorporating warmer more solid but soft foods. Examples: Any type of cooked eggs or potatoes, pastas and mac and cheese. Please continue to eat on the opposite side from surgery.
- 3rd day after surgery: A very soft food diet should only be eaten. Examples: Soups, eggs, fish, cooked soft vegetables, oatmeal, rice, beans etc. (Gingival grafts follow diet instructions in the gingival grafts section further in post op instructions.)
- Avoid any hard or crunchy foods. Chewing should be done on the side opposite the surgical site.

## Hygiene– Begin the morning after surgery

- You may be advised to use either Peridex/Stellalife mouth rinse or PerioSciences gel to start the day after surgery. Brush and floss all other areas of the mouth as normal.
- Peridex/Stellalife mouth rinse: gently bathe surgical area(s) with mouth rinse 2 times a day, after breakfast and before bedtime for 1 week following surgery.
- PerioSciences gel: dispense one drop on tip of the tongue, 5 times a day, and gently move tongue over white of teeth near surgery site(s). Allow the gel to dissolve and gently spit out excess. Do not eat or drink for 30 minutes after applying the gel.

## Facial Compresses

- Day of surgery and the day after (first 48 hrs) — cold only! You can use the re-usable comfort gel pack provided. 10 minutes on and 10 minutes off for the remainder of the day. Even letting ice chips melt in your mouth can be beneficial. Do not sleep overnight with ice pack on.
- Third day after surgery (after 48 hrs) — moist warm heat only. 20 minutes every 2 hours throughout the day or when you get home from work at night. Wet, steamy washcloth works well around our re-usable comfort gel pack that was given to you the day of surgery and can be re-heated in microwave. Moist warm heat is advisable for days 3-7 after surgery or as long as you are experiencing swelling. Should you have any bad discomfort or swelling, continue warm-compresses as much as possible until you notice a significant improvement.
- Swelling usually peaks on day 3 and starts to subside after days 5-7 post surgery.
- Arnica cream can be purchased over the counter at most pharmacies and can help with reducing colorization of bruising and swelling.

## Bleeding

- Expect slight bleeding, “oozing” and blood-tinged saliva for 24 hours. Swallow on a regular basis to prevent a buildup of saliva in your mouth. No rinsing, spitting, swishing or cleansing for 24 hours. This will cause bleeding to continue or worsen. If bleeding seems excessive, hold ice chips in mouth letting them melt and swallow liquid. Do not spit—this will worsen the bleeding. You may also wet a tea bag with cold water, squeeze out water, and hold pressure on either side of bleeding area for 30 minutes. If bleeding continues, please contact the office.

## Head Elevation

- Elevate head while resting in bed for the next 3 days. Usually 2 pillows are sufficient, as long as your head is higher than your body. This works well in reducing or eliminating swelling. An old pillowcase or towel on your pillow is recommended the first night following surgery.

## Nausea

- Nausea may occur when taking any medication or after having sedation. It can usually be prevented by ensuring you eat frequently. If nausea is a problem, slowly eat saline crackers and sip ginger ale over ice at frequent intervals. If nausea still persists, please contact the office or doctor.

## For All Surgical Procedures

- Days 3-4 after surgery: rinsing with warm salt water several times a day will help gum tissue feel better and ensures adequate bathing of surgical sites! 1 tsp of salt to 8oz glass of water.
- Do not smoke for at least 1 week after surgery—nicotine irritates the tissue, causes greater discomfort and can cause procedure to fail. Reduced smoking overall will help achieve the best healing.
- Do not pull or tug on sutures.
- If you have any packing around the surgical area just leave it alone. If it comes out then do not try to put it back, just throw it out.
- If your sutures are bright white, we will have to remove them at your next appointment — do not trim.
- If your sutures are purple or brown, they will start to dissolve in 1-4 weeks.
- After 1 week of surgery, you may increase your diet to more solid but softer foods. Examples: pasta, rotisserie chicken, ground beef and food of similar consistency. Try to do most of your “chewing” by cutting up your food into small pieces on the plate before eating. Please still stay away from crunchy and hard foods on surgical areas.
- Please call our office if you have any concerns or questions.

## Sedation

- Do not plan to do anything today except rest at home if you have had IV sedation.
- Do not drive the day of your appointment. You will need to have a driver bring you to and from your surgery.
- A responsible adult will need to stay with you for at least 6 hours once home from your surgery.
- You may need assistance when walking from the car to the house and once home from room to room the remainder of the day.

## Specific Procedures

### **Extraction with bone grafting: 1 week after surgery transition to post-operative brush**

- Peridex/Stellalife mouth rinse: dip post-operative brush in rinse and start brushing adjacent teeth and gently dab over extraction site. Twice a day, after breakfast and at bedtime.
- PerioSciences gel: place one drop on post operative toothbrush and start brushing adjacent teeth and gently dab over extraction site. Twice a day, after breakfast and at bedtime.
- It is common to notice bone particulates coming out of extraction site during healing. This is little particulates that have not incorporated and not the whole graft.

### **Implants: 1 week after surgery transition to post-operative brush**

- Peridex/Stellalife mouth rinse: dip post operative brush in rinse and start brushing adjacent teeth and on top of the implant. Twice a day, after breakfast and at bedtime.
- PerioSciences gel: place one drop on post operative toothbrush and start brushing adjacent teeth and on top of the implant. Twice a day, after breakfast and at bedtime.

### **Frenectomy: the day after surgery**

- Continue taking over the counter Ibuprofen and Tylenol as recommended and as needed.
- Begin pulling and tugging on the lip as it feels comfortable, this helps the frenum from re-attaching. You can start eating more solid foods as it feels comfortable.
- Begin gently bathing the treatment area with Peridex/Stellalife mouth rinse 2 times a day, after breakfast and before bedtime. After 3 days, begin using post-operative toothbrush. Dip toothbrush in Peridex/Stellalife and brush teeth. After days 5-6, as it feels comfortable, you can brush teeth with regular toothbrush and floss.

## **Crown lengthening/Flap surgery: 1 week after surgery transition to post-operative brush**

- Peridex/Stellalife mouth rinse: dip post operative brush in rinse and start brushing teeth. Twice a day, after breakfast and at bedtime.
- PerioSciences gel: place one drop on post operative toothbrush and start brushing teeth. Twice a day, after breakfast and at bedtime.

### **Begin 2 weeks after surgery:**

- As it feels comfortable you may begin brushing with you regular toothbrush and gentle floss (above the gum line). If you still have some packing in the area just continue to rinse with Peridex/Stellalife or PerioScience gel.
- You can begin eating more solid foods as it feels comfortable.

## **Sinus Lifts:**

- Do not blow your nose for 2 weeks.
- Do not sneeze with your mouth closed for 2 weeks. Attempts to stifle a sneeze may exert excessive force on your sinus resulting in damage to the graft.
- Do not drink with a straw for 2 weeks.
- Do not smoke for 2 weeks.
- Sudafed (decongestant): take as directed to keep sinus cavity clear while healing occurs.
- Afrin nasal spray (sinus lubricant): use in each nostril as directed to keep sinus cavity lubricated while healing occurs.

### **1 week after surgery transition to post-operative brush**

- Peridex/Stellalife mouth rinse: dip post operative brush in rinse and start brushing adjacent teeth and on top of the implant. Twice a day, after breakfast and at bedtime.
- PerioSciences gel: place one drop on post operative toothbrush and start brushing adjacent teeth and on top of the implant. Twice a day, after breakfast and at bedtime.

## **Gingival Grafts: starting the day AFTER surgery**

- Do not brush the surgery sites. At least 2 times a day, use medicated mouth rinse or gel. If a small amount of bleeding occurs, do not be concerned. Do not floss in these areas.
- Stent: this is used to protect the donor site and is primarily for comfort. You may elect to wear it as much or as little as comfort dictates. However, it should always be removed when using Peridex/StellaLife mouth rinse or PerioSciences gel. Drinking something cold before removing will help remove stent easier.
- Fixed wound barrier: this is a firm material that is constructed over the donor site and held in by sutures. This is primarily for comfort and protection of the roof of the mouth. This will be removed by your doctor at your follow up 1-2 weeks after the procedure pending on healing.
- Canker-X/ Orajel topical paste: an oral pain reliever can be used on the roof of the mouth after the third day. This is available at most pharmacies.
- Dressing: there may be protective putty over your surgery site. This can come loose at any time. Let it fall out naturally as it is entangled with your sutures. Removing it by force can cause excessive bleeding and discomfort. We will remove it, if still present, at your next appointment. If it comes off, do NOT put it back on yourself.
- Do not "pull on your lip" to look; Do not vigorously rinse or "pouch your lips".

### **1 week after surgery transition to post-operative brush**

- Peridex/Stellalife mouth rinse: dip post operative brush in rinse and start brushing the white of the teeth at surgical site(s), only in a sweeping motion away from the graft. Do not floss surgical areas yet. Twice a day, after breakfast and at bedtime.
- PerioSciences gel: Place one drop on post operative toothbrush and start brushing the white of the teeth at surgical site(s), only in a sweeping motion away from the graft. Twice a day, after breakfast and at bedtime. Do not floss surgical areas yet.
- Discomfort is still normal 4-7 days post-surgery. 10 days after surgery is usually the turning point in discomfort if still experiencing. Continue to take Ibuprofen and Tylenol and/or Tramadol as needed.
- **Diet:** 3rd day after surgery up to 3 weeks: A very soft food diet should only be eaten. Examples: Soups, eggs, fish, cooked soft vegetables, oatmeal, rice, beans etc.
- Avoid any hard or crunchy foods. Chewing should be done on the side opposite the surgical site. If both sides of mouth were treated please cut up your food on your plate for smaller bites so little chewing is necessary.