



AFTER YOUR PERIODONTAL SURGERY

There is no healing that occurs for the first 24 hours after a surgical procedure. The natural response to "injury" is swelling. The body always responds to an injury with a predictable inflammatory response, as the first step towards healing. Our Post-Op instructions are designed to set up an environment of minimal swelling. Your grafting procedure was performed using a minimally invasive pouch procedure. Because it is a "closed" site, it is more subject to post-operative swelling. It is very important that the post-operative instructions are followed.

How to take care of your mouth

Oral Hygiene

Good oral hygiene is essential to good healing. Once the bleeding has subsided (after the first day) begin gentle rinsing (not swishing) with chlorhexidine rinse (Peridex) twice per day for 30 seconds (after breakfast, before bedtime). Do this for the first week. Also, for the first two weeks, **gently, gently, gently**, trace the surgical area and adjacent teeth with a Q-tip dipped in chlorhexidine.

Brushing and Flossing

Begin brushing and flossing the areas not operated on the day following surgery. **AVOID THE SURGICAL SITES** until given specific brushing instructions at your post-operative visit. You may use your toothbrush as you usually do to brush your natural teeth only. When brushing, avoid the teeth in the surgical area for the next two weeks. You may notice a white film over the surgical sites. This is completely normal.

Electric Toothbrushes / Water Pik

DO NOT use an electric toothbrush such as Sonicare or Oral-B Braun for 8 weeks following your surgery. DO NOT use a Water Pik for at least 8 weeks following your surgery.

Eating

First 24 Hours

Adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to cold liquids. Yogurt, smoothies, milkshakes and dietary supplements such as Boost or Ensure are good choices. **AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, AND DRINKING THROUGH A STRAW.**

After 24 Hours

A soft diet is advisable for the next few days. You may have soft foods such as cooked vegetables, fish, pasta and meatloaf, which are easily chewed. Avoid hot or spicy foods and beverages (coffee, tea, soup). Avoid food with sharp edges such as chips, crackers, and toast. You should use utensils, cut food into small pieces and **do not chew on the surgical site for two weeks**. **DO NOT SKIP MEALS**. If you take nourishment regularly, you will feel better, gain strength, have less discomfort, and heal faster.

Activity

Rest

Plan to rest at home the remainder of the day of surgery and the following day. You may read, watch TV or work at your desk at home. When sleeping, elevate your head to decrease swelling. For the first 24 hours following surgery do nothing that will cause your heart rate to increase. This includes something as simple as going for a walk. The more rest you get in the first 24 hours the better you will heal and the less swelling you will experience.

After 24 Hours

You may return to normal daily routine, but avoid strenuous activities such as heavy lifting, or exercise programs which elevate your heart rate for **one week** following surgery.

Bleeding

Some minor bleeding or redness in the saliva is normal for 24 hours. When blood mixes with saliva it often looks like more blood than there actually is. If excessive bleeding occurs, please call our office.

Medications

Pain Medications

You should begin taking pain medication before you feel the local anesthetic wearing off. Take pain medication within one hour after treatment with milk, fruit juice, or a full glass of water. Never take pain medication on an empty stomach. DO NOT USE ASPIRIN or products containing aspirin for one week following surgery. Aspirin, Advil and Aleve can contribute to bleeding problems. Acetaminophen (Tylenol) is acceptable. You may take acetaminophen (Tylenol), 500-1000mg every 3 to 4 hours. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it. If you run out of medication please contact our office. Do not suffer needlessly in pain. If you are experiencing an adverse reaction to any of the medications, such as nausea, vomiting, a rash or severe stomach irritation, discontinue the medication and contact our office.

Antibiotics

Take prescribed antibiotics as directed until all have been completed. You will begin this medication the day prior to surgery.

Bruising

Minor bruising after surgery is a normal response and is no cause for alarm. It will improve in 7-14 days.

Swelling

Swelling is the body's normal reaction to surgery and eventual repair. Your swelling may increase until 3 days post-operatively. This is totally normal. If you experience an increase in swelling beyond the third day or an increase in discomfort, call our office.

Ice Packs

To help minimize swelling, you may use ice packs. Place the pack on the outside of your face, over the treated area, for 10 minutes and then take it off for 15 minutes. Continue to alternate 10 on and 15 off as much as possible for the first 24 hours after surgery, during waking hours. DO NOT FALL ASLEEP WITH ICE PACK OVER SURGICAL AREA. TOO MUCH COLD WILL RESULT IN HYPOTHERMIA OF THE AREA AND COMPROMISE THE BLOOD SUPPLY AND HEALING OF THE SURGICAL SITE.

Smoking

Do not smoke for three weeks after surgery. Smoking is detrimental to healing tissues and will affect the results of surgery. If you can stop smoking for three weeks post-operatively, you may as well quit all together.

Sutures

We do not use the type of sutures that dissolve by themselves for grafting procedures. This type of suture begins breaking down around 7-10 days after placement. When they start to dissolve it causes inflammation at the surgical site. Inflammation is not good for the graft and can cause an adverse reaction.

We have used a suture that is Non-Resorbable. This type of suture is very clean and actually repels bacteria. Your sutures will be removed at the two month post-op visit. There will be very little sensation associated with suture removal and it requires no anesthesia.

If followed, the above steps will aid in a speedy recovery. Do not hesitate to call: office 778-477-5554 Monday to Thursday 8:00 to 5:00 or Dr. Hallett's cell 250-215-1540 after hours.