

NEDA AZADIVATAN, D.D.S.
Laser Periodontics and Dental Implants of South Carolina

INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY (SE GRAFTS)

You will probably eat a soft diet during the first few days following surgery. Your diet may be an individual preference. Therefore, you may eat anything you can tolerate. It is suggested that you stay away from foods requiring a great deal of chewing, i.e. rare steak, raw vegetables, gum, peanuts and popcorn... however, you should be able to eat on the day of surgery.

SURGICAL DRESSING OR PACKING (IF USED)

- The dressing in your mouth is placed after surgery for your comfort. If a large piece or all of the dressing comes out, there is no need for concern. Simply include that area in your normal oral hygiene routine. Place a toothbrush in warm water to soften the bristles before brushing to prevent trauma to the surgery site.
- It takes approximately 2 hours for the dressing to completely harden, so please avoid drinking hot liquids during this time. Hot liquids may also stimulate bleeding.
- Most sutures we use are resorbable and may come loose any time after surgery. This is OK.
- Any dressing material or stitches that are still in place will be removed at your next appointment.
- If you had gum grafts, please leave the dressing material alone in the area of the graft. If it comes off naturally, there is no need for concern. However, do not pull it off unless it is loose. If there is a long piece of suture hanging down, feel free to snip it with scissors or clippers.

DISCOMFORT

- When the anesthesia wears off, you are to expect some degree of discomfort. This can be easily controlled with pain medications. Individual pain tolerance will determine the necessity of pain medications. **On the day of surgery, the medication can be taken as 1 or 2 every 4 to 6 hours.** I recommend trying Ibuprofen alternating with the medication we have given you.
- **DO NOT DRINK ALCOHOL OR DRIVE AN AUTOMOBILE WHILE TAKING NARCOTIC MEDICATION FOR PAIN.**
- The surgical sites may stay numb up to 12 hours later.
- There is the possibility of choking or biting your lip while you are still numb. Be careful to have only liquids and very soft food during this time, while you are still numb. If you have to chew it, do not eat it. Cold will alleviate the pain and swelling during the first 24 hours. You can use crushed ice in ziplock bags or frozen bags of vegetables.

MEDICATION

- **Sterapred Dose Pack** IV sedation patients: *Start day after surgery and take as directed.*
All other patients: *Take 3 pills immediately following surgery and 3 pills at bedtime.*
Follow directions on Rx until finished.
- **Antibiotics** *Take as directed.*
- **Pain Medication** *Take as directed.*

BLEEDING

- It is normal and expected to have bloodstains in your saliva during the first few days after surgery. If the oozing is not a bright red, it is of no concern. Excessive bleeding is neither normal nor expected. If bleeding is excessive, causing the patient to spit up blood clots, apply moistened gauze or a tea bag moistened in water on each side of the surgical area, and hold it against the gum with a firm, continuous pressure for 30 minutes. Repeat if necessary. If excessive bleeding continues, or occurs in the form of thick, jelly masses after a couple of attempts to control it, please call the Doctor at (843)650-7171.
- No rinsing or spitting out for 24 hours as this will cause bleeding. **AVOID SPITTING, SMOKING, SUCKING THROUGH A STRAW,**
OR RINSING FOR 24 HOURS IF BLEEDING STARTS AGAIN.

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SWELLING

Slight swelling noticed the second or third day after surgery is normal.

ORAL HYGIENE

- Do not brush your teeth in the area of the dressing or surgery site (if no dressing has been placed), but keep the rest of your teeth clean by good brushing and flossing. You may rinse your mouth starting on the second day.
- **Avoid proxabrushing or flossing in the surgical site until your first postoperative visit.**
- The day after surgery, you may begin rinsing with a solution of ½ tsp. of salt in a glass of warm water 3 to 4 times daily.
- DIET
- **Please try to get something in your stomach as soon as possible when you leave the office, especially if you have had IV sedation.** A malt or milkshake with a spoon is a good idea since you will be numb.
- Avoid chewing while you are numb. If your lips are numb, you could bite your lips or tongue and not feel it.
- **DO NOT DRINK THROUGH A STRAW FOR 24 HOURS.**
- Limit your diet for the first several days to soft foods, shakes, and soups. Soft foods would include pasta, Jell-O, puddings, grits, cooked vegetables, casseroles, scrambled eggs, etc.

HEALING

Smoking and drinking alcoholic beverages delay healing and cause unnecessary postoperative discomfort. Please do not smoke for 24 hours and limit smoking during your postoperative course. Drinking alcoholic beverages and eating spicy foods will cause a great deal of discomfort for a couple weeks after surgery.

WE ASK YOU TO TAKE THE SWELLING AND ANTIBIOTIC MEDICATIONS AS DIRECTED. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT YOUR PROGRESS, PLEASE CALL THE OFFICE AT (843)650-7171. IF YOU CALL AFTER HOURS, THE MESSAGE WILL DIRECT YOU WITH ANOTHER PHONE NUMBER.

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