

PERIODONTAL SURGERY POST-OP INSTRUCTIONS

ALASKA PERIODONTICS AND IMPLANT SURGERY | 2020 ABBOTT ROAD, SUITE 5 | ANCHORAGE, AK 99507 | PHONE: (907) 313-8918 | FAX (907) 206-4794

To ensure rapid healing and to avoid complications, please follow these instructions carefully. Diligent and appropriate post-operative care is critical for successful treatment results. Bleeding, swelling, and varying degrees of pain/discomfort should be expected following periodontal surgery.

Pain and Swelling

- Expect some swelling, discomfort, sensitivity and possible bruising. Swelling should begin to decrease after 3-5 days
- No strenuous physical activity or heavy lifting for 2-3 days
- Keep your head slightly elevated for the first 1-2 days to minimize bleeding and swelling
- Apply extra-oral ice packs for 10-15 minutes on / 10-15 minutes off for the first 24 hours to decrease swelling and pain

Medications

- **TAKE MEDICATIONS AS PRESCRIBED**
- **Norco/Percocet cause drowsiness and impair decision making – DO NOT DRIVE, OPERATE MACHINERY, etc.**
- Alternate ibuprofen and acetaminophen (Tylenol) **OR** ibuprofen and Norco/Percocet (if prescribed) unless instructed otherwise by your physician or Dr. Wanat
- **Maximum Doses:**
 - **Ibuprofen:** Do not exceed 3200mg in a 24 hour period
 - **Acetaminophen (Tylenol):** Do not exceed 3000mg in a 24 hour period
- **Important:** Norco and Percocet contain 325mg acetaminophen per tab. Please remember this if taking supplemental acetaminophen

Bleeding

- Slight bleeding or oozing normally persists for the first 24-48 hours
- If bleeding seems excessive, apply gentle pressure with gauze for 30-45 minutes and keep head elevated
 - If bleeding cannot be controlled or continues to be excessive, please go to the emergency room
- Avoid using straws, vigorous swishing, spitting, etc.

Diet

- Staying hydrated along with a nutritious, high protein diet is paramount for good healing!
- Liquid/soft food diet is recommended for 2 weeks.
- Avoid chewing, especially on the side of surgery
- Avoid hard, fibrous, seedy, acidic, spicy, or “sharp” foods
- Avoid hot, carbonated and caffeinated liquids for first 2-3 days
- Avoid alcohol for first 3 days or while taking medications

Sutures

- Some sutures dissolve in approximately 1-2 weeks
- **PLEASE DO NOT REMOVE YOUR OWN SUTURES.** Sutures that don't dissolve must be kept in place until your surgeon determines healing is adequate for suture removal

Oral Hygiene

- GENTLY rinse with prescribed mouthwash or warm salt water
- Do not brush or floss the surgical site until instructed otherwise. Continue to brush and floss the rest of your teeth as usual
- Avoid spitting – allow mouthwash or toothpaste to fall out of your mouth
- **DO NOT USE Waterpik, AirFloss, etc., at surgical site!**

Smoking

- Do not smoke for at least 14 days after the surgery, if at all. Smoking delays healing and increases risk of infection/complications

Contact our office if...

- Pain or swelling continues to increase after ~5 days
- You have a fever or chills, increased swelling, signs of infection, etc.
- Bleeding seems excessive. Go to the emergency department if bleeding cannot be controlled