

INSTRUCTIONS TO OUR PATIENTS FOLLOWING PERIODONTAL SURGERY

DISCOMFORT: Following periodontal surgery, a certain amount of discomfort can be expected. To minimize discomfort in the surgical area take the prescribed medication or your usual pain reliever. If you choose to take the stronger prescribed narcotic pain medication, you should not drive a car or operate dangerous equipment.

MEDICATIONS:

-Take the Ibuprofen medication for at least the next 1-2 days as needed for pain. **Discontinue as soon as possible.**

-Take the narcotic or stronger medication only as needed for additional discomfort. The narcotic medication can be taken in addition to the Ibuprofen medication.

****Important:** DO NOT discontinue the Ibuprofen medication while taking narcotic medication. It is safe to take the 2 medications together.

MOUTH CARE: An ice pack should be applied to the outside of the face in the area of the surgery, 10 minutes on, and 10 minutes off, for the first 6 hours after surgery. Starting the day after surgery, frequent rinsing of the mouth (3-5 times per day) with warm salt water (1/2 tsp. of salt to 1 cup of warm water) is recommended or Periogard, twice a day, if prescribed. On the day following surgery, routine oral hygiene procedures should be started in all areas except those on or near surgical dressing. You may carefully and gently brush the dressing. Smoking will delay the normal healing phase and increase the risk of bleeding. Refrain from drinking hot fluids for the first 24 hours.

DRESSING: The material which may have been placed over the area of surgery is primarily for your comfort. It will take 2 hours for it to harden. Although the dressing should remain in place until your next appointment, it is not necessary to replace if it should come off.

SWELLING: Swelling is not unusual following some procedures and usually disappears within 4-5 days. In most instances these problems can be controlled if the post-operative mouth care instructions are followed. If swelling occurs after 24 hours, continue with the ice packs for the next 12 hours.

BLEEDING: A slight amount of bleeding should not be alarming, however, if the bleeding is excessive or continues over a long period of time, place a gauze pad over the bleeding area and hold firmly for **15 minutes** by the clock. Repeat if necessary. You should be able to stop the bleeding with repeated efforts with pressure. If it persists, please call us. Vigorous rinsing of the mouth prolongs the bleeding by removing the clotting blood, so avoid this practice if bleeding is noted.

DIET/EATING: You may eat any food you desire, however avoid hot foods the first day to help prevent bleeding problems. A diet of a softer consistency would be advised until chewing becomes more comfortable. Remember a proper diet is essential for healing and is helpful to prevent nausea from the pain medication.

POST-OPERATIVE VISIT: Usually your first post-operative appointment will be scheduled in 7-21 days. If any dressing or sutures remain they will be removed at this time. The teeth are usually sensitive, especially to cold, after the dressing is removed. This sensitivity will diminish as the teeth have time to adapt and with the use of a concentrated fluoride we will prescribe for you.

If any problems develop which concern you or if you need anything, do not hesitate to call either doctor at the office or at home. We are ready to help at any time.

HOME PHONE NUMBERS: Dr. Albright: (502) 245-4691

Dr. Burton: (502) 228-4750

Dr. Shearer: (502) 836-5601