

POST-OPERATIVE INSTRUCTIONS:

These post-operative instructions will help you prepare for your upcoming periodontal surgical appointment and the recovery afterwards.

We can be reached at any time of day should you have any questions or need assistance. Our office phone number for regular business hours is (561)368-3900 and our emergency 24-hour line is (561)870-5621. We can also conveniently be reached by e-mail 24 hours a day at DRG@BOCARATONPERIO.COM.

Before your appointment:

- Please fill all prescriptions ahead of time so they will be ready for you following surgery. We can have your prescriptions sent directly to your pharmacy a few days ahead of time.
- We encourage you to eat a well-balanced meal prior to your appointment.
- Feel free to bring an MP3 player or iPod with headphones with you.
- If you take antibiotic pre-med (such as for a joint replacement), please take your prescribed dosage an hour before your appointment.
- If you plan on taking an oral sedative; such as Xanax, Valium, or Halcion; please plan on having someone drive you here and take you home afterwards.

Following surgery:

-It is important to maintain a **healthy diet** during the healing process. Your “post-op pantry” should include softer foods such as:

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| -Yogurt | -Pasta | -Applesauce |
| -Bananas | -Soup | -Cottage cheese |
| -Pudding/Jell-O | -Milk shakes | -Rice |
| -Mashed potatoes | -Oatmeal | -Meal replacement shakes |
| -Fish | -Eggs | -Macaroni & cheese |

-Please be advised that you will need to chew on the opposite side of the mouth in which you had surgery.

-It is recommended to avoid spicy foods & items that are piping hot in temperature when healing from surgery

-Pain Medication will be prescribed to help with any discomfort you may have post-operatively. Please take the prescribed medication **ONLY** as directed. We recommend taking the pain medication before the local anesthesia wears off to stay ahead of the soreness and never on an empty stomach. If you prefer to take over-the-counter medication following surgery, a combination of Tylenol and Ibuprofen can be used. Do not drink alcohol while taking pain medication.

-Please take any prescribed **antibiotics** following surgery as directed on the bottle. We do not recommend taking antibiotics on an empty stomach, unless otherwise indicated as an upset stomach may result. Antibiotics may interfere with oral contraceptive birth control.

-**Swelling** is a normal occurrence following periodontal surgery. The swelling may increase the first few days following your procedure and an ice pack will be given to you to use to help reduce the amount that you may incur. Please use the icepack 20 minutes on and 20 minutes off the first 2-3 days after surgery. The ice pack we provide is reusable. Please keep your head elevated when lying down. If you notice any excessive bleeding, please contact the office.

-Some **bleeding** is also a normal occurrence following surgery. Slight oozing of blood can be controlled by placing a piece of gauze to the area and applying moderate pressure. A wet tea bag can also be used should you run out of gauze. It is recommended to not rinse your mouth or exercise/strenuous activity for the first 24 hours after surgery. If you had an extraction performed, **do not drink through a straw** for the first 24 hours as it will disrupt the blood clot forming.

-It is not advised to **smoke** following surgery as it can slow the healing process

-After 24 hours, you may begin to **rinse and brush** your mouth as needed. Warm salt water or Listerine mixed with water are recommended for rinsing. Please do not directly brush the surgical site but you may brush and floss as normal for the rest of your mouth.

-If **sutures** were used for your procedure, we will remove them at your follow-up appointment. Sometimes, dissolvable sutures are used and will disappear on their own.

-For some procedures, Dr. Goldfarb will place a pink substance on the gums in the area worked on called a **Periodontal Dressing or Packing**. This has a bubble-gum like appearance and acts as a band aid during healing. It is perfectly fine if you start to notice small pieces chipping away. Please call us if the entire packing detaches and we will advise you if it needs replacement.

It is important to rest and relax!