

LASER PERIODONTICS & IMPLANT DENTISTRY

BENJAMIN D. WILLIAMS, D.M.D. ♦ SHANNON R. THOMAS, D.M.D.

PERIODONTAL POST-OPERATIVE INSTRUCTIONS

*****MUST KEEP HEAD ELEVATED FOR THREE DAYS*****

1. Do not rinse the first two hours after surgery. Avoid spitting or drinking through a straw for 24 hours.
2. Avoid investigating the surgical site and/or the periodontal dressing if placed.
3. *Swelling* may occur. This is to be expected. During the first 24 hours after surgery, an ice pack can be placed over the area that has undergone treatment. One day following surgery, rinse with warm salt water. If swelling in the neck (lymph Nodes) occurs or an increase in body temperature (fever), contact the doctor immediately.
4. A small amount of bleeding is normal for several hours. One drop of blood will discolor saliva to a light red color. If bleeding is excessive:
 - Apply dry gauze or tea bag moistened in warm water on each side of bleeding area and hold pressure for 30 minutes. Repeat if necessary.
 - Place an ice bag against cheek or jaw.
 - Sit up in bed and prop head up with 2 or 3 pillows.
 - If bleeding continues, call the doctor.
5. *Discomfort* may be present. Take prescribed medication if extensive discomfort is encountered.
Do not drive an automobile or work near dangerous machinery after taking prescribed tablets. We recommend altering every 2 hours with your prescription pain medication and 800 mg of Advil. **If you opt not to take your prescription pain medication I strongly urge you to take Ibuprofen every 4 hours for at least 3 days.**
6. You will not be able to brush the surgical area. Use the prescribed mouth rinse twice a day. Brush all other areas of your mouth.
7. Your sutures will need to be removed at your next visit.
8. If a periodontal dressing has been applied, avoid playing with it with your tongue. It is not unusual for small pieces to be lost. Do not worry; it is there for your comfort only. It will not effect your healing. Be sure and keep the area clean.
9. It is very important to maintain a good food and fluid intake. Adequate nutrition and rest is essential for normal healing. A high protein diet is desirable, as well as, a soft diet for the next few days. Try to eat soft but nutritious food such as eggs, yogurt, cottage cheese, malts, ice cream, pudding, etc., until you can comfortably return to a normal diet.

Also avoid energetic activities- **REST!**

10. You may return to your normal activity three days following surgery however, no exercise for at least one week.

11. I understand I need plenty of rest following this procedure. I am to refrain from strenuous physical activity, blowing my nose, sneezing, and bending over for the next 7 days. Adequate rest and nutrition is imperative to aide in the healing process. I will also not drink through a straw or pull on my lip to try to look at the surgery site. I will not smoke.

NOTE: If you have uncontrolled bleeding, swelling, discomfort, rash or questions, please call

(256) 231-0077