

Post Surgery Instructions

You have had surgery in your mouth and you can expect normal surgical healing events over the next week or two. Though a surgical incision is very sharp and clean, there may be discomfort during the healing phase. The bone around your teeth has probably been reshaped to restore proper anatomy, and this too may cause some discomfort. The roots affected by disease have been thoroughly cleaned and are no longer covered by diseased gum tissue. Because of this, you will probably experience temperature sensitivity. This is all normal and temporary.

You have been given a prescription for a strong pain medication. This will allow you to sleep at night and function fairly normally during the day. Do not drive or operate machinery when you take this medication as you will be drowsy. To avoid nausea, have some food in your stomach when you take this medication. Do not take any more of your medication than you need to control pain, and take it as directed. We have done everything we can to minimize pain. After suture removal, most discomfort will disappear rapidly as you begin to clean your teeth and gums.

You may notice space between your teeth and gums where surgery was performed. This is normal and necessary for you to be able to maintain your gums in health. Gum disease destroyed bone in these areas. The gum tissue will recontour to divert food from the spaces.

Expect some bleeding during the first 12 hours. If you rest and take it easy, this should be minimal. If the bleeding is coming from one specific point, you may apply pressure directly over the area with some damp gauze.

You may experience some swelling during the rest of the week. This may occur immediately after the surgery, but usually occurs two or three days later. Swelling is generally caused by inflammation, not infection. Inflammation is the body's reaction to the surgery. Because there is no infection present, the body will resorb the fluid in the tissue in about 48 hours. If you want to minimize swelling, you may apply an ice pack over the surgical area when you are at home following the surgery. Use the ice pack 20 minutes on and 20 minutes off for two or three hours. Ice will not help once swelling is present.

A soft diet for two or three days is recommended. Drink plenty of fluids during the first week. Please do not eat peanuts, popcorn, wild rice, or any foods with shells or husks.

Begin the oral hygiene procedure the night of surgery. Run hot water over your bristles to soften them before gently brushing the surgical area. The cleaner you keep your teeth and gums during the first week, the better they will feel and heal. Expect a little bleeding when you begin to clean your teeth and gums. This is normal and you are not doing any harm. You have been given a prescription for Periogard / Peridex. This is a mouthwash that prevents the formation of plaque in your mouth. This is an extremely effective product. You may also want to use a salt water rinse 3 times a day during the first week. This is prepared by mixing a teaspoon of salt in a medium size (8 oz.) glass of lukewarm water. Do not use salt water rinses directly after using the Periogard /Peridex.

Expect some of the sutures to become loose during the first week. This is normal. These sutures have already done their job. The sutures will probably become annoying, and you will be glad to have them removed.

Questions call George Quintero, D.D.S. Office 770-614-8823 Cell phone 770-318-0703

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TIPS

When you go home take your prescribed medication with food and water before anesthesia wears off

Soft diet for 2 to 3 days

Cold foods such as ice cream, applesauce, yogurt, pudding are good things to eat when you get home

Ice 20 minutes on and 20 minutes off for 4 cycles

No smoking or carbonated beverages for 3 days

No peanuts, popcorn, wild rice or foods with shells, husks or spicy food

Take food and water with medication

No Straws for 3 Days

Pain Medication

You may have been given a prescription for a very strong pain medication. I have prescribed a generic drug since it works as well as the brand name equivalent and costs considerably less. Be sure the pharmacist gives you the generic brand. If a refill has been requested on your prescription, be sure the pharmacist notes this on the label.

Be sure to take your prescribed pain medication as directed. An 800mg. tablet of Ibuprofen can be taken with or in place of the prescribed pain medication. The Ibuprofen provides additional pain relief. Be sure to have food in your stomach before taking either medication.

TIPS

Take one (1) tablet of the prescribed pain medication for your first dose until you are certain how this medication affects you. Take only as much medication as necessary to control your discomfort. Sometimes the relief only lasts 2-3 hours. Taking Ibuprofen with the prescribed pain medication will help prolong the relief.

If this medication makes you nauseous, take 1/2 tablet with food in your stomach followed 30 minutes later by another 1/2 tablet. This allows the medication to enter your body slowly.

There are some other common side-effects that you may experience if you take more of the pain medication than your body can effectively handle. You may experience sweating, headaches, and insomnia. If you are experiencing any of these annoying side-effects, you can eliminate them by reducing the amount of pain medication you are taking. *If you experience any signs of an allergic reaction, stop taking the medication and call Dr. Quintero.*

Do not take any more medications than you need to manage your discomfort. It will only increase side-effects. We can not prescribe an unlimited supply of this medication.

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