

ORANGE PERIODONTICS

A N D D E N T A L I M P L A N T O L O G Y

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GENERAL INSTRUCTIONS FOR POST-OPERATIVE CARE: PERIODONTAL AND IMPLANT SURGERY

To help you get the best possible results, comfort, and peace of mind, please read these instructions before your treatment. Refer to them immediately after treatment and during your first week of healing.

IMMEDIATELY FOLLOWING YOUR SURGERY AND UNTIL THE NEXT MORNING

Unless advised otherwise, go home and rest—even if you feel fine. The more you move around the slower you might heal. Lie down with your head slightly elevated or sit in a reclining position. Especially during the first few hours following surgery, please keep talking to a minimum, as your lips and cheeks act as natural “bandages” during initial healing.

PAIN

When the anesthetic wears off (1-4 hours), you may experience mild-moderate discomfort / pain. Most patients describe this feeling as “aching” or “sore” and not extremely painful. Follow these instructions to help minimize discomfort. It is quite normal if you experience more discomfort approximately 4-8 days after surgery. Don’t worry! Discomfort typically diminishes thereafter.

BLEEDING

For the next few days, you will probably notice some sporadic oozing and slight bleeding. This is quite normal. Please do not repeatedly rinse your mouth with water as it can prolong the bleeding. For patients who have had tissue transplanted from the roof of the mouth (palate): The roof of the mouth tends to ooze more than other areas. This is very normal. Follow special instructions, if given to you. If bleeding persists to the extent that it bothers you, moisten a tea bag (not herbal tea) and apply a firm yet gentle pressure against the bleeding site on the palate for fifteen minutes. Make sure you time yourself, fifteen minutes can seem much longer than you expect. Repeat, if needed, a second time.

MEDICATIONS

If your physician has instructed you not to take the medication below, DO NOT take the medication. Please take all medications with food, it will minimize adverse side effects. Start with the first cocktail below; if sufficient, then continue taking it as needed. If significant pain or aching persists, take the following cocktail. Return previous cocktail when appropriate.

Ibuprofen = generic for Advil®, acetaminophen = generic for Tylenol®

1. Ibuprofen 200 mg x3 (= 600 mg) every 6-8 hours.
2. Ibuprofen 200 mg x3 (= 600 mg) every 6-8 hours. After 3 hours, acetaminophen 500 mg every 6-8 hours. You will be alternating ibuprofen and acetaminophen every 3 hours.
3. Ibuprofen 200 mg x3 (= 600 mg) every 6-8 hours. After 3 hours, prescription pain medication every 6-8 hours. You will be alternating ibuprofen and prescription pain medication every 3 hours.

Before taking any prescribed medication, carefully read your drug prescription labels and medication fact sheets supplied by the pharmacist. If you develop any allergic or other adverse reactions to the medication, stop taking the drug. Depending upon the severity of the reaction, call our office or the

pharmacy or go to a local hospital emergency room. Narcotic pain medications and sedative drugs impair motor skills and sensory awareness and cause sedation. Do not drive motor vehicles or operate potentially dangerous equipment while under the influence of these drugs. Check to ensure that there will not be significant adverse reactions between medications prescribed for your surgery and other drugs that you are taking.

SWELLING AND BRUISING PREVENTION

Follow these three important steps in order to prevent or minimize swelling and bruising:

1. Rest immediately after surgery
2. Take anti-inflammatory medications as prescribed
3. Use ice therapy if prescribed

Slight swelling around the surgical site is not unusual and may be present the day after surgery. The swelling may persist for a short time, peaking approximately 2-5 days after surgery. Keeping your head elevated above the level of your heart for the first few days can help minimize swelling. Use extra pillows while sleeping.

ICE THERAPY

If you have been instructed to do so, use ice therapy during at least the first 3-5 hours after surgery. Place an ice bag on your face over the surgical area (10-15 minutes “on” then 10-15 minutes “off”). Be gentle and do not apply pressure to your face. Avoid pushing up or pulling down on your skin with the ice pack. Ice therapy can usually continue during the first 24-hour period following your surgery. After that, discontinue ice therapy, unless directed otherwise. Helpful hint: Use moldable soft ice packs, zip-lock bags with chipped ice or small plastic bags of frozen peas or corn. Do not put the cold plastic directly on your skin: wrap the cold pack in a slightly dampened towel.

MOIST HEAT

Do not use moist heat during the first 48 hours following surgery. After that time, if some swelling or bruising is present, consider applying moist heat on your face over the surgical area (hot water bottle, compress, etc.). It will increase circulation and decrease swelling/bruising. Wrap the heat pack in a slightly dampened towel or use a microwave-type moist heating pad. Be careful not to burn your skin.

ALCOHOLIC BEVERAGES

You should not drink alcohol while taking acetaminophen (Tylenol®), narcotic pain medications, antibiotics, and other medications. Alcohol can also delay wound healing and/or cause increased bleeding. As such, we recommended that you refrain from alcohol intake while recovering from surgery.

SMOKING

For the first 72 hours following surgery, don't smoke. It is even better to not smoke at all for 7 days following surgery. Any type or amount of smoking significantly delays wound healing and makes you more susceptible to adverse complications including but not limited to infections, graft/implant failure, poor surgical outcomes, and prolonged sensitivity/pain.

ORAL HYGIENE

Please refrain from normal oral hygiene in the surgical area; in all other areas of the mouth continue to brush and floss normally. Do not rinse or spit vigorously. If you normally use a mouthwash or water flosser, please refrain from doing so until permitted. If you were given a special mouth rinse to use, please pool the mouth rinse in the surgical area for 30 seconds to a minute, and then gently let it out of your mouth. If you were not given a special mouth rinse, you may do the same with 1 teaspoon of salt mixed in 1 cup of room temperature or warm (not hot) water.

EXERCISE

Please refrain from any exercise or workout that will increase your heart rate such as running, swimming, yoga, golf, for the first 72 hours after surgery. After the third day, you can typically resume exercise, but do so gradually. You may notice some increased bleeding during or after exercise; this is normal. If you the bleeding is excessive, then refrain from exercise for more time.

NOURISHMENT

Nutrients are important for your body to heal after surgery. Drink lots of fluid. Do not chew any food in the area where the surgery was completed – chew on the other side of the mouth. Softer foods such as pasta, baked potatoes, or steamed vegetables may be more comfortable to consume. Avoid foods that are hot, spicy, or acidic, as it may irritate the surgical area. Cut food to small pieces to avoid long pieces accidentally traumatizing the surgical wound.

SUTURES (STITCHES)

Please do not pull your sutures or push on them with your tongue. If they continue to bother you after a week, please call our office for instructions. Sutures may loosen or fall out on their own, especially if they are self-dissolving sutures – do not be alarmed.

If you have any questions or concerns, please call us at (714) 637-1600.

In the event of a dental emergency after hours, please call Dr. Lee directly at (714) 900-2119.