

Cassity Implants & Periodontics

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POST PERIODONTAL SURGERY INSTRUCTIONS

- 1. CARE OF THE MOUTH:** Avoid alcohol and smoking for at least three to five days after surgery. Smoking can adversely affect the course of healing and can alter the course of healing in regenerative types of surgical procedures. Avoid hot liquids for the remainder of the day. Do not rub your face in the surgical area or play with the surgical site with your tongue.
- 2. BRUSHING:** Brushing and rinsing of the mouth can be started the day after surgery. The non-surgical sites of the mouth can be brushed, flossed and cared for in the usual manner. **DO NOT** brush or floss the surgical sites unless specifically advised to do so. Gently rinsing with Perio-med can be started 24 hours after surgery. Use Perio-med two times per day for two weeks. **Do not swish with rinse, gently tip head back and forth to gently move liquid around surgical site.** Warm salt water rinses or diluted mouth rinses are permissible. Typically a half teaspoon of salt in 8oz. of warm water works well. NOTE: If you have high blood pressure do NOT use warm water rinses.
- 3. BLEEDING:** Some bleeding is to be expected. This should be in the form of oozing rather than frank bleeding. There is often an increase in saliva flow after surgery. When the increases saliva mixes with a small amount of blood it can be alarming, but this is quite normal. **NO RINSING OR SPITTING SHOULD BE DONE DURING THE FIRST 24 HOURS AFTER SURGERY** since this can encourage prolonged bleeding. It is not uncommon to note signs of oozing for at least a day after surgery. Applying pressure to the surgical site with a moist gauze for a period for 20-30 minutes (repeated is necessary) is usually sufficient to stop any bleeding. If bleeding is excessive, continuous, or if you are at all concerned, please call us at once.
- 4. SWELLING:** Swelling is normal for post-operative occurrence. This can be minimized with the application of an ice pack to the side of the face next to the surgery area. Ice cubes placed in a zip lock bag, and wrapped with a cloth works well. The use of a wrapped ice pack for periods of 20 minutes, on and off, for 2 hours at a time will help. Try to ice for 1-2 days. On the third day, the application of warmth to the surgical site will help reduce swelling further. A warm water bottle or a heating pad with a moist towel is sufficient. The swelling may last 3-5 days depending upon the nature of the surgery. Along with swelling you may experience discoloration. There is an array of color changes which you may notice. The facial discoloration may last for 5-7 days; possibly longer.
- 5. PAIN AND MEDICATION:** A certain amount of discomfort must be expected with all types of surgery. Medication for pain will be prescribed for your comfort. Remember pain is best controlled if you stay ahead of it. Taking your pain medication before the anesthetic wears off is helpful and taking the medication as prescribed is very important. Pain response to surgery is very individual; however, you can minimize any potential problems by resting (reducing your physical activity), and taking medication as prescribed. **You may stagger the prescribed pain medication with 600mg Ibuprofen (Motrin or Advil). You will take both medication as directed- every 6 hours but stagger them so they overlap. Example: If you take the prescription pain medication at 6:00, you would take the ibuprofen at 9:00, and then the prescription pain medication again at 12:00 and so forth as needed. If you chose to not take the prescription pain medication you can take the ibuprofen as directed above only staggered with Acetaminophen (Tylenol) instead of the pain medication.** If you are prescribed an antibiotic, make sure that the instructions are followed and that **ALL** of the antibiotics are taken. This will decrease your risk of any post-surgery complications. You will find that a little food or fluids taken with the medications will aid in alleviating many of the distresses that can accompany taking antibiotics and other medications.
- 6. DIET:** Eating should be avoided for at least an hour following surgery. On the day of surgery it is best to restrict your diet to fluids and very soft foods. Example of food which could be considered are: milk shakes, cottage cheese, Jell-O, yogurt, hard boiled eggs, applesauce, mashed potatoes, broth, instant breakfast and the assortment of protein and dietary supplements and drinks. Extremely hot and spicy foods may cause some discomfort and should be avoided. Gradually progress to more solid foods consistent with what you can comfortably manage. **DO NOT SKIP MEALS.** If you eat regularly you'll feel better, gain strength, and heal faster. If you are diabetic, it is essential that you maintain your normal dietary pattern and take your prescribed medication as usual. NOTE: Food such as

popcorn, nuts, granola, and any food with seeds should be avoided throughout the healing phase. Please do not eat anything crunchy, sticky, or chewy.

7. **SURGICAL DRESSING:** Often a soft surgical dressing is applied over the surgical site. Small pieces of the dressing can break off in the days following surgery and this presents no problem. If however, a large portion should break off or if the dressing feels loose and you are experiencing some discomfort in the area of the lost dressing, please call to have the area evaluated. Swabbing the dressing with a moist cotton applicator, sponge brush or ultra-soft tooth brush is permissible if done gently. The dressing is not critical to surgical success; however, it is placed for your benefit to help protect the surgical site.
8. **SINUS SURGERY:** DO NOT blow your nose for 4 weeks. If you feel a sneeze coming on, do not try to hold it in. Leave your mouth open and let the sneeze pass freely through your mouth. When rinsing your mouth, do so in a VERY GENTLE manner. Avoid anything which may cause pressure in your sinuses.
9. DO NOT brush or floss the surgical sites unless specifically advised to do so. Gently rinsing with Perio-med can be started 24 hours after surgery. Use Perio-med two times per day for two weeks. **Do not swish with rinse, gently tip head back and forth to gently move liquid around surgical site.** Warm salt water rinses or diluted mouth rinses are permissible. Typically a half teaspoon of salt in 8oz. of warm water works well. NOTE: If you have high blood pressure do NOT use warm water rinses.

Post-operative healing can vary between or upon the complexity of the surgical procedure. Healing requires time. To a significant extent how well and how rapidly you heal depends upon you and your cautious approach to post-operative care.

Should an emergency occur after hours, please contact the doctor you have seen for your procedure

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