

**POST - OPERATIVE  
INSTRUCTIONS**

- 1) **ACTIVITY:** After leaving the office, **relax** for the remainder of the day. Avoid strenuous activity for several days.
- 2) **SWELLING:** Some swelling may be present the day after the surgery and may peak at 48 to 72 hours after surgery and then diminish. Swelling for surgeries in the jaw can also be minimized by placing an **icepack** over the operated area on the outside of the face for the remainder of the day after surgery, alternating on and off at 10 minute intervals. The day after surgery, you can use a warm compress.
- 3) **BLEEDING:** There should be minimal bleeding after the surgery is completed. There may be a pink discoloration of your saliva for several hours. Frank bleeding (bright red) is not to be expected. Should bleeding occur, place a **moistened tea bag** (not herbal tea) over the area and hold it against the bleeding site. It may take several minutes before the bleeding stops. If there is no change in the amount of bleeding call the office **immediately**.
- 4) **EATING:** It is necessary to maintain a relatively normal diet throughout the course of healing. For the first few days, soft foods can be eaten. Chewing should be done predominately on the side opposite the surgical site. It may be necessary to have only liquids for the first day, if chewing is uncomfortable.
- 5) **CARE OF THE DRESSING:** If a dressing has been placed over the surgical site, try to stay away from it the first few days. The dressing is primarily for comfort.
- 6) **ORAL HYGIENE:** It is important to maintain a normal level of oral hygiene in the non-operated areas by brushing and flossing and using the very soft **red** toothbrush given to you after the surgery for cleaning the surgical area.
- 7) **MEDICATIONS:** Please follow the instructions on the bottle for any medications prescribed. If any adverse reactions to those medications should arise, such as severe nausea, itching, swelling or any allergic symptoms please contact my office immediately and discontinue all medications. Generally, I recommend three medications for periodontal surgery patients. **Advil** (Ibuprofen) is a non-narcotic, anti-inflammatory over-the counter painkiller. This medicine will help prevent swelling along with reducing pain. I recommend that two or three tablets be taken prior to the local anesthetic wearing off. Be sure to have some food in your stomach when taking this medicine—it can upset stomachs. **This is your “baseline” pain medication.** **Vicodin** (Tylenol with hydrocodone) is a narcotic pain reliever and can be taken in addition to the **Advil**, if there is still discomfort. Since **Vicodin** can cause drowsiness, it is best taken before bedtime, if needed. Rinsing with **Perioguard** (Chlorhexidine gluconate) can start the day after surgery. This mouthrinse will keep the surgical area clean while it is healing. Rinse twice daily for 30 seconds and then do not rinse or eat for one hour (**discontinue use after 7-10 days**).
- 8) **Problems or Questions:** Please do not hesitate to call the office  
**(818-345-5300).**