

# Healthy Smile, Healthy Body

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## POST-OPERATIVE INSTRUCTIONS FOLLOWING PERIODONTAL AND IMPLANTS SURGERY

These Instructions will help to make you as comfortable as possible. If you have any question, please do not hesitate to call **Dr. Kharmouche at 703-307-GUMS (4867)**

- Bleeding:** A small amount of bleeding for several hours after surgery is normal. If bleeding occurs rinse with warm salty water, and apply pressure with the gauze provided or with a tea bag, if these don't help please call.
- Pain:** If pain medications have been prescribed, they should be taken as soon as you arrive home. Because you have had surgery, some postoperative discomfort may be present, even with your prescription. Some pain medicines may make you groggy and can slow your reflexes. Suddenly sitting up or standing may make you feel dizzy. Driving, making important decisions, or operating machinery should be avoided while taking your pain prescription. You will be advised of the need to take these precautions if necessary. Pain medications should not be taken on an empty stomach. Please take your medication regardless of discomfort for at least 2 days.
- Swelling:** Swelling following periodontal surgery is normal and may continue for several days. However, if fever develops, please call. To help control swelling, an ice pack should be placed on the cheek for 15 minutes, 10 minutes off, and then repeat for 3-4 hours, ONLY the day of the surgery. If swelling continues please apply warm pads to the side on the 2nd day after the surgery.
- Antibiotics:** If you have been given a prescription for antibiotics, you must take all the tablets as prescribed.
- Dressing:** The periodontal pack (band-aid), if placed, should stay in place until your return. Small pieces may break and become dislodged. This loss is not a problem unless the surgical area is extremely sore. If so, call.
- Eating:** Do not drink alcohol while taking pain medication. It is important that you continue to receive proper nourishment. Unless otherwise instructed, it is usually more comfortable to limit the diet to cold, soft food during the first 12-24 hours. A blender or food processor can be very helpful. Highly acidic or seasoned foods can cause burning sensations. It is very important to maintain your normal fluid intake. Resume a balanced, high protein diet as soon as it is comfortable. **DO NOT MISS MEALS. DRINK PLENTY OF FLUIDS TO PREVENT DEHYDRATION.**
- Sensitivity:** Occasionally after surgery, teeth may become very sensitive, especially to cold, this is normal and should subside in couple weeks, if not please report it and we will prescribe special medication for that sensitivity.
- Hygiene:** Starting the evening of the day of the surgery, brush and floss in all areas except the surgical site, which may be cleaned with the mouth washed prescribed (Perio Gard), an antiplaque mouth rinse, rinse 2-3 times a days for 1 minute. You can use a cotton tip or rubber tip to carefully clean and lightly massage the surgical area.
- Sutures:** We usually use resorbable sutures, if not they will be removed at postoperative appointment.