

PERIODONTAL SURGERY AND THE REMOVAL OF THE PERIODONTAL DRESSING (PACKING)
POST-OP INSTRUCTIONS

The healing time required after periodontal surgery is quite variable. It depends on the time spent in surgery, any complications that may have arisen, and your general health. In most cases, we find that patients heal best if they take it easy for a few days following.

The periodontal packing on your teeth is comparable to other surgical dressings and should be handled with care. The dressing will become semi-rigid in a few hours. Over the course of your healing, small particles of it may chip off. This is fine. If a large portion of the dressing should come loose, please contact our office. The dressing may also cause some irritation or minor pain in the operated area. This is due to irritation of the surrounding tissue, and does not reflect on your surgery. If the pain persists, call our office.

It is our goal to keep the area operated on as clean and healthy as possible. There are a few factors that are important to your health and well being.

IMMEDIATELY AFTER SURGERY:

PAIN You will feel some pain as the anesthesia wears off. A slight fever, chills or feeling of weakness is also common. You may take 1-2 aspirin, 1-2 Tylenol or 1-2 Ibuprofen (e.g. Motrin, Advil etc.) within one-half hour after leaving the office. You may repeat this every four (4) hours as needed.

BLEEDING Bleeding is a common and expected response. This should subside with time. You may apply a fresh piece of gauze over top of the dressing already placed and apply some firm pressure with your fingertips. **DO NOT RINSE THE BLEEDING AREA.**

MEDICATION Dr. Paliani has prescribed _____ for pain control
Take _____ tablet(s) IMMEDIATELY
Take _____ tablet(s) EVERY _____ HOUR(S) for _____ DAYS
Take _____ tablet(s) EVERY _____ HOUR(S) THEREAFTER
for a MAXIMUM OF _____ DAY(S) as needed for pain relief.

Dr. Paliani has prescribed _____ to prevent infection.
Take _____ tablet(s) every _____ hour(s) until completed.

Please take medication as prescribed. It is especially important to take antibiotic medication to completion.

DO NOT ALTER, INCREASE OR COMBINE DRUGS UNLESS TOLD TO DO SO. DO NOT CONSUME ALCOHOLIC BEVERAGES WITH PRESCRIPTION. Some medications must be taken with milk or food. Please follow directions accordingly.

CLEANING **DO NOT RINSE OR BRUSH YOUR MOUTH ON THE FIRST DAY.**
You may begin salt water rinses (8 oz. warm water with 1 tsp. salt) every two (2) hours on the day following surgery. You may also begin brushing your teeth on the day following surgery but avoid the surgical site. Please do not move the periodontal dressing.

EATING Eat easy-to-chew foods that are not extremely hot or cold. Eggs, pasta, lettuce, cheese, yogurt, rice, bananas, pudding and juices are all good options. You may drink cool to luke warm liquids immediately. You may return to your normal diet after this time, but avoid chewing on the affected side.

- SMOKING** **YOU MAY NOT SMOKE FOLLOWING SURGERY.** A minimum of 72 hours is often necessary to stop bleeding. Dr. Paliani may advise you of an even further cessation period. Please comply.
- SWELLING** Swelling is common and expected. You may want to apply an ice pack to the area to soothe the irritation. **DO NOT APPLY HEAT TO THE AREA IN THE FIRST TWENTY FOUR (24) HOURS.** Following this time period, you may apply heat to soothe.
- SENSITIVITY** You may experience hot or cold sensitivity. This is normal and will subside as you heal. If you find the sensitivity extreme, please call the office.
- EXERCISE** Daily activity may be continued but you should avoid excessive exertion. **DO NOT ENGAGE IN ATHLETIC ACTIVITY OR PROLONGED SUN EXPOSURE FOR THREE (3) DAYS FOLLOWING SURGERY.** Please do not go swimming during your recovery time.

If you experience any of the following problems, please contact the office.

- 1) Excessive bleeding or swelling 2) Stitches have come undone 3) Excessive pain or fever

AFTER THE SUTURES AND PACKING HAVE BEEN REMOVED: (Approx. 1 week after surgery)

Please follow the protocol outlined below to keep your mouth clean and healthy:

- BRUSHING** Moisten a soft toothbrush under hot water and brush the surgical site first. After the site is clean, you may brush the remainder of your teeth as per normal. Brush the area three (3) times/day.
- RUBBER TIP** After each brushing, use the rubber tip to clean around the gumline of each tooth that was under the packing. Clean very gently, being careful not to apply too much pressure.
- PROXYBRUSH** After rubber tipping, the nylon-coated brush can be used between any teeth that don't have enough room for the toothbrush to fit through. Again, moisten the bristles under hot water to soften them before brushing.
- RINSING** Rinse three (3) times/day for at least thirty (30) seconds each time.
Use the rinse (Chlorhexidine) our dental office has provided or prescribed for two (2) weeks. Rinse mouth with a small capful, concentrating on rinsing the surgical site. **DO NOT EAT OR DRINK FOR AT LEAST THIRTY (30) MINUTES FOLLOWING THE RINSE.** After two weeks, we recommend that you switch to LISTERINE as your daily mouthwash.

We would like to see you again one week after the removal of the packing to monitor your healing progress and home care routine. Please feel free to contact the office if you have any questions. We wish you a speedy recovery and a healthy happy mouth.