NOVA PERIO SPECIALISTS
Periodontics & Dental Implants

PERIODONTAL SURGERY POST-OPERATIVE INSTRUCTIONS

These Instructions will help to make you as comfortable as possible.

Bleeding: A small amount of bleeding for several hours after surgery is normal. If bleeding occurs rinse with warm salt water and apply pressure with the gauze provided or 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 post-operative discomfort may be present, even with your prescription. You may take regular strength Tylenol with the Motrin for additional pain relief alternated with the use of narcotics. 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 your cheek on the third day after the surgery (20 minutes on, 20 minutes off). For the two days following surgery sleep with the head elevated. Over the counter Arnica can also be used to help with bruising and swelling. The Arnica tablets should be taken a week prior to surgery and the Arnica gel used after surgery. Swelling can sometimes last up to 10 days and is normal.

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, usually stays 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. DO NOT USE A STRAW. 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 a couple weeks. If not please report it and we will prescribe special medication for 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 rinse prescribed; rinse 2-3 times a day for 1 minute. You can use a cotton tip or rubber tip to carefully clean and lightly massage the surgical area. Do this until your follow up.

Sutures: We usually use resorbable sutures. If not, they will be removed at post-operative appointment.

If you have any question, please do not hesitate to call:

Dr. Kharmouche: 703-307-4867 Dr. Panwar : 347-530-4870
Dr. Shayan Barootchi: 773-494-1922

NOVA PERIO SPECIALISTS
Periodontics & Dental Implants

FOODS TO EAT:

- Applesauce
- Bananas
- Yogurt
- Cottage cheese
- Protein shakes
- Pudding, Jell-O, ice cream
- Eggs
- Pastas
- Soups
- Potatoes-mashed, baked
- Oatmeal
- Rice - brown, white, quinoa, couscous
- Fish
- Cheese
- Over cooked vegetables
- Ground meat/turkey/chicken
- Rotisserie chicken
- Soft bread, no grains, no crust

FOODS TO AVOID:

- Salads
- Raw vegetables
- Grainy breads
- Berries - strawberries, raspberries, blackberries
- Nut butters - peanut, almond, cashew, etc.
- Steak
- Potato chips, pretzels, Doritos, tortilla chips
- Popcorn
- Nuts, Poppy seeds, Sesame seeds
- Bagels, hard breads and rolls, pizza crust