

POST-OPERATIVE PAIN

Some pain following surgery is normal after the local anesthetic has worn off. Most local anesthetics last 2 ½ to 3 hours. If you have been given a prescription, use it and take it as directed and as needed. Pain medications can cause stomach upset, so make sure that you do not take them on an empty stomach. If your prescribed medication is not adequate, or you are experiencing any side effects, please call our office. If you have not been given a prescription or chose not to take the prescription strength medication you can take over the counter medication such as Advil or Tylenol if no prior sensitivity to these drugs exists. Follow the dosages as recommended on the package.

BLEEDING

A CERTAIN AMOUNT OF BLEEDING OR OOZING IS TO BE EXPECTED AFTER ANY SURGICAL PROCEDURE. There may be occasional bloodstains in the saliva for several days after surgery. This is not unusual. Gauze has been provided for you to help control the bleeding. Change the gauze every 15 minutes while it is actively bleeding. If persistent or heavy bleeding develops wet your gauze in the coldest water available and place on the effected area. The cold should help close down the blood vessels and stop the bleeding. Repeat the process as necessary (If you are unsuccessful in controlling the active bleeding within 4-5 hours please call the office.) Under no conditions should rinsing or spitting, be used to control the bleeding.

BRUISING AND SWELLING

Bruising and swelling are a normal side effect after any surgical procedure. To help control this, **THINK COLD FOR THE FIRST 48 HOURS.** Apply an ice pack to the face over the operated area, leaving it on for 15 minutes and off for 15 minutes. Continue this during the waking hours for the first 24- 48 hours. **KEEP YOUR HEAD ELEVATED ABOVE YOUR HEART.** Sleeping with your head elevated with several pillows also helps lesson swelling.

DIET

Good nutrition is important to your healing process. Please stick to a soft diet for the first 24-48 hours. Pasta, oatmeal, Jell-O, yogurt, pudding, eggs and fish are all foods that are easy to chew. Avoid alcoholic beverages, nuts or seeds.

NO STRAWS OR RINSING/SPITTING

For the first 24 hours, as this may cause unnecessary bleeding.

SMOKING

Please refrain from any kind of smoking for 2 weeks

MOUTH RINSE AND BRUSHING

IF you have been prescribed an oral rinse you may begin to rinse the day after surgery. This medicated rinse will help keep the surgical area clean. **DO NOT** brush or floss in the surgical area until the sutures have been dissolved or have been removed. You may floss and brush all other areas of your mouth normally.

SUTURES

Your surgical sutures are often “dissolving” and will loosen on their own. These sutures do not actually dissolve but loosen and fall out from the wound usually within 4-5 days. You will be told if your sutures require removal and an appointment will be made for you.

EXERCISE

You are encouraged to take it easy the day of your surgery. **Do not** do any heavy lifting, bending or strenuous exercise for the first 36 to 48 hours after your procedure.

MEDICATIONS

If you have been prescribed any medication, please follow the directions that accompany them. If negative reactions develop such as itching, rashes, nausea, or difficulty in breathing or swallowing, discontinue the medication and call our office immediately for instructions. If you suspect an allergic reaction may be developing rapidly call for emergency transportation to the nearest emergency room and notify our doctors.

- To our patients who are taking oral contraceptives- Antibiotics and pain medications have been shown to decrease the effectiveness of the oral contraceptives. It is advisable to use an additional means of birth control to avoid pregnancy during the oral contraceptive cycle in which the prescriptions are taken.

PERIODONTAL DRESSING

Sometimes a dressing is placed around your teeth. It serves as a Band-Aid to protect the surgical area. The dressing may stay on for any length of time be it 5 minutes or five days. **Do not** be worried if at any time a sizeable portion or the entire dressing breaks off as long as you are not uncomfortable.

POST OPERATIVE APPOINTMENTS

Please adhere to your postoperative appointments and notify us if rescheduling is necessary. Our commitment to your dental health does not end with surgery. You will be advised to see us for postoperative visits. These visits are very important to monitor your healing. Detailed instructions will be discussed that is critical to your maintaining optimum healing and continued dental health.

When should you notify the Doctor?

1. **If profuse bleeding continues after 3-4 hours of applied pressure.**
2. **If you are unable to maintain a nutritious diet after 48 hours.**
3. **If the pain or swelling increases after the 5th day.**
4. **If the sutures (stitches), become loose or dislodged prior to the third day.**
5. **If you have any symptoms which may indicate a reaction or allergy to the medications, such as:**
 - **Skin rash**
 - **Hives**
 - **Elevated temperature**
 - **Nausea/Vomiting**
 - **Dizziness/ faint**
 - **Blurred vision**
6. **IF your body temperature becomes higher than 100degrees after the third day.**

POST OPERATIVE INSTRUCTIONS

**DR. ARNOLD M. FREEMAN
AND
DR. GRACE KOH**

**PERIODONTICS AND IMPLANT
DENTISTRY**

Surgical Assistant: _____

This information will reinforce the verbal instructions, which you have been given following your surgery. If questions arise after reading this information, please do not hesitate to call our office at any time. If you need to reach the doctor after hours the answering machine will prompt you on how to reach the doctor on call.

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