



(770) 802-2222

Post- Op Instructions

What to expect following surgery:

Bleeding: Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure. Gauze, a towel or wet tea bag may be applied with pressure to the bleeding area for 2 mins to subside. If excessive bleeding persists, please call us.

Pain: Moderate discomfort may be noticed when the anesthetic first wears off and may continue for several days. The best pain control is to take the prescribed Ibuprofen (Advil) or acetaminophen (Tylenol) every 4 hours while you are awake for the first 3 days. Additional Tylenol 500mg or Hydrocodone 5/325mg may be added to the Ibuprofen for additional pain control as needed.

Swelling: Some swelling, and discoloration of the lip and/or cheek may occur and may last for a few days. Ice packs on the first day is recommended.

Sensation: There may be a temporary loss of feeling in the operated area. The teeth may also feel loose for a time. The teeth may be sensitive to hot and cold temperatures. This subsides over time.

Please call if you have:

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive swelling outside of your face occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems

What to do following the surgery:

- **After leaving the office, rest** and avoid strenuous activities for the remainder of the day. No exercising for 48 hours following the procedure. Keeping blood pressure lower will reduce bleeding and aid healing. Take two Tylenol, Nuprin, Advil, or similar non-aspirin pain reliever every 3 to 4 hours until bedtime to maintain comfort. Take it before the anesthesia wears off. For adults without contraindications, do not exceed 3200mg of Ibuprofen daily or 3000mg of acetaminophen daily.
- **Avoid driving** or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.
- **Nausea** is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food and taking the pill with a large glass of water.
- **Eat soft foods** for the first 2 - 4 days. Maintain a good, balanced diet. Drink plenty of water. Do not drink through a straw or swish heavily. Avoid alcohol for 48 hours.
- **Avoid** chewing directly over the operated area until the sutures are removed.
- **Brush** all of your teeth and tongue after each meal EXCEPT the operated area for the first 24 hours. Take care to avoid pulling the sutures. Gum grafts areas should be avoided 2-4 weeks for integration.
- **Do not rinse** vigorously; do not use a Waterpik®.
- **A saltwater solution** (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water) held in your mouth for 2 to 3 minutes every hour may make your mouth more comfortable.
- **If the affected area was an upper tooth**, your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications such as saline nasal spray might be recommended.
- **Avoid lifting the lip** with your fingers to look at the area. It is possible to accidentally tear the sutures open the incision, and delay healing.
- **Smoking** should be stopped following surgery. Healing and success of the surgery will be substantially reduced by the cigarette smoke chemicals in your body.
- **For antibiotics** take all of them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.
- **Return** to the periodontist's office for removal of the sutures or follow-up checks as directed.

Following these instructions very closely will greatly help your comfort and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected