

## **POST SURGICAL INSTRUCTIONS**

The following has been prepared for you to help answer many questions you may have regarding the surgery which has just been performed. Please read the instructions carefully. Our experience has shown them to be very helpful.

### **1. DRESSING**

The dressing material around your teeth is periodontal surgical dressing. It protects the area and should not be disturbed. Small particles of the protective covering may chip off or the entire dressing may fall off. Unless there is discomfort in the exposed area, it is not necessary to contact our office.

### **2. DIET**

Try not to chew in the area where the periodontal dressing has been placed. Do not drink any hot liquids for the first 24 hours after surgery. Avoid hard foods, highly seasoned foods, and condiments. A soft diet is recommended. The use of Nutriment or an instant breakfast is advised if you encounter difficulty in chewing.

### **3. BLEEDING**

There may be occasional blood stains in your saliva for the first 24 hours after your surgery. This is not unusual and will correct itself. If there is considerable bleeding beyond this, take a piece of sterile gauze or a tea bag dampened in cold water and place in the area. Form the gauze or teabag in the shape of a "U"; hold it between your thumb and index finger and apply it to both sides of the dressing. Hold it under gentle pressure for twenty minutes. Repeat if necessary. Do not remove it during this period to examine.

**UNDER NO CONDITION SHOULD RINSING BE USED TO TRY TO STOP THE BLEEDING.**

### **4. RINSING**

You may not rinse the day of the surgery. After 24 hours, you should begin rinsing your mouth with a salt water solution ( $\frac{1}{2}$  teaspoon of salt mixed in a glass of warm water) or Listerine.

**5. SWELLING**

Post-operative swelling can be controlled with ice packs. They should be used the day of the surgery to keep any swelling to a minimum. Place the ice packs on the face for 15 minutes out of every hour for approximately 3 -5 hours. It is common for swelling to be more pronounced after the first 24 hours. Some discoloration may also occur. This is common and can be controlled with anti-inflammatory drugs like Ibuprofen or Aspirin.

**6. DISCOMFORT**

You can expect some discomfort when the anesthesia wears off. Take 2 aspirins (or whatever preparation you take for minor pain) every 4 hours. If a more potent pain reliever is necessary you will be given a prescription.

**7. BRUSHING**

Do not use dental floss or your tooth brush in the area where the surgery was performed. Normal flossing and brushing may be resumed in any area not covered by the dressing. Do not neglect other areas of your mouth.

- 8.** If the surgery performed was a gingival graft, it is important that the surgical site remain undisturbed for one week. If the dressing should dislodge, please call our office. The palatal donor site is usually covered with adhesive to control bleeding for the first 24-48 hours. If bleeding occurs post-operatively, it is usually from the palate. Apply firm gauze pressure for 5 minutes to control bleeding.

If any problems arise, please do not hesitate to call the office at (954) 981-0012. Dr. Hauer may be reached for after hour emergencies at (954) 481-7707 or (954) 344-9500.