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PERIODONTAL SURGERY POST OPERATIVE INSTRUCTIONS

GAUZE PACK: The oral gauze pack should be kept under firm pressure for 1 hour or more. This protects the blood clot, which is forming at the extraction site. Interference with clot formations can result in extended post-operative discomfort and delayed healing. If bleeding continues after you have removed the gauze, use the additional gauze from the packet given to you. Fold gauze into a pad, dampen the pad, and then place it directly over the spot that is bleeding and apply pressure by biting firmly for 1 hour. This may need to be repeated. A tea bag with ice cold water may also be used for persistent bleeding.

BLEEDING: Some oozing of blood for up to 48 hours is normal especially after multiple extractions or more extensive surgeries. In the event that you have recurrent bright red blood from the surgical site, use the additional gauze or a tea bag as described above. If bleeding continues, call the office immediately.

RESTRICTIONS: For at least 24 hours to 48 hours following the tooth removal avoid strenuous physical activity, smoking, sucking and spitting. Sleeping or resting with your head slightly elevated will also decrease the possibility of additional bleeding.

DIET: You need to continue eating but limit your diet to softer foods for several days. Refrain from eating popcorn, potato chips, or sharp foods that might injure the surgical area or make it difficult to keep your mouth clean. Return to your normal diet as soon as you can. Avoid alcohol, mouthwashes, and tobacco products since these substances significantly delay wound healing.

MEDICATIONS: Take all your medications as instructed. If you have been given a prescription for medication to control discomfort, take as directed. These medications may depress an individual's reaction time; consequently driving, or performing activities that require mental alertness, such as operating machinery should be avoided. Alcoholic beverages should not be consumed while taking these medications for at least 1 week after surgery.

ICE PACK: Surgical tooth removal commonly causes some swelling. Intermittent application of ice to the surgical area during the first 12 hours following surgery will help to minimize the swelling. An ice bag may be placed on the skin opposite the surgical site for 15 minutes per each * hour during waking hours. **DO NOT USE ICE AFTER 24 HOURS FROM THE TIME OF SURGERY.**

RINSES: The day after surgery you should begin rinsing with Peridex. Use it as directed (Rinse gently for 30 seconds then spit. Use a ½ cap full 30 minutes after brushing in the morning and evening).

BRUSHING: Sutures most likely were placed to aid in healing. Do not brush these areas as you may pull the sutures out while brushing. The sutures will be removed at your scheduled post-op appointment usually about one week after surgery.

STITCHES (SUTURES): Your stitches (if you have them) usually dissolve on their own 2 to 4 weeks.

Explanations of Symptoms That May Occur

SWELLING: Swelling of some degree may accompany all oral and maxillofacial surgery procedures; this is part of the healing process. Swelling may begin to appear within hours following the surgical procedure and continue for 24 to 48 hours after which it will begin to diminish slowly. Your doctor may elect to give you medication to inhibit this swelling somewhat. Additionally, you may notice that about 24 hours after you stop taking anti-swelling medication that some rebound swelling may occur. This is normal.

DISCOMFORT: Some discomfort may be expected for approximately 1 week following the surgery. After this time the discomfort should have subsided. Medication you were given will aid in alleviating this discomfort. Discomfort increasing in intensity after 3 to 5 days might indicate alveolar osteitis (dry socket). If this occurs please notify our office so that your doctor may examine you.

STIFFNESS: Stiffness of the jaw can also be a normal outcome of oral surgery. This usually subsides by approximately the 5th to 7th day. Jaw exercise may be initiated at that time to hasten its disappearance.

FEVER: There may be a slight temperature elevation for 24 to 48 hours. If this continues, please notify our office.

BRUISES: Bruises occasionally occur on the face as a result of blood pigment in the tissues. This may appear first as swelling and then 2 to 3 days later by discoloring of the face. It will gradually disappear.

SORE THROAT: A slight earache or sore throat may develop.

CHAFFING: The corner of the mouth may become chaffed and temporary cracking may appear as a result of retraction during surgery.

ALLERGIC REACTION: If you notice you are developing hives, rashes, itching, or difficulty with breathing or swallowing after you taken your medication, stop taking medications and contact our office or your primary care physician immediately. If you have Benadryl handy, take one dose. If you have difficulty breathing, call 911.

Call the office if you experience post operative complications.