

## Post Operative Instructions

Please take the time to read these instructions following your treatment today as it will help you to understand what to expect following your procedure. These instructions are to serve as a general guideline for your use following surgery, however if you have questions please feel free to call our office @ 425-483-5838

Today the following procedure(s) was completed for you:

Tooth Removal	Bone Graft Placement	Membrane Placement	Dental Implant Placement
Sinus Elevation	Second Stage (uncovery)	Scaling and root planing	Gingival Grafting
Frenectomy	Biopsy	Crown Lengthening/Osseous Surgery	Gingivectomy

Immediately following your treatment you will remain numb or partially numb for up to 4 hours. This will depend on the amount of anesthesia given as well as your individual body metabolism. During this time please avoid chewing as you may inflict harm on the surgical site or to other oral structures such as your lips or tongue. It is very important to avoid “playing” with sutures or the surgical area in general with your fingers or tongue, this can cause premature loosening of sutures and exfoliation of dressings.

Following any surgical procedure the following is considered normal: moderate (sometimes severe) discomfort for up to 72 hours following treatment. Bleeding that may continue for several hours following treatment. If you take medications which thin the blood such as Coumadin, warfarin, aspirin, ibuprofen or certain supplements like those high in Omega-3 you are more likely to have slightly more swelling, bleeding, bruising and discomfort. It is important to note that a small amount of blood mixed with saliva will often look like a large volume of fluid; gentle pressure with gauze will usually help stop this bleeding. If you have run out of gauze a dry tea bag can also be used as the caffeine will often help slow bleeding.

Sensitivity of teeth or other oral structures is also not uncommon following treatment. You may have jaw soreness as a result of keeping your mouth open for an extended period of time as well. Sensitivity can be as a result of biting pressure, temperature (hot/cold) or oral appliances that have been fabricated for you. Most of the time, pain or sensitivity following treatment is associated with plaque accumulation so if you have been instructed, maintain gentle plaque control measures in the area where treatment was completed.

For certain types of procedures the development of swelling following surgery is unavoidable. Those procedures lasting less than fifteen minutes are not usually associated with swelling. Those lasting 15-45 minutes may be accompanied by mild-moderate swelling. Those lasting 45 minutes to 90 minutes may be accompanied by moderate swelling and those lasting longer than 90 minutes may have significant swelling that persists for three days or more. As long as you are not feverish (above 102 degrees for 24 hours) there is generally no need for concern. Take your medications as they have been prescribed to you. If you have problems with the medication please discontinue their use and call our office. Swelling can be minimized by the application of cold packs to the outside of the face where surgery was completed. Ice water can also be held in the mouth (if tolerable) to help minimize swelling.

**\*Smoking\*** It is extremely important that you avoid cigarette smoking following treatment. Cigarette smoke inhibits normal healing and can result in the failure of treatment. Following the manipulation of gum tissue, jaw bone and teeth smoking will constrict the capillaries that are necessary for the delivery of vital nourishment to the area following surgery. The most critical period of time is the first three days following treatment and one week if bone grafting, dental implant placement or sinus elevation was completed.

## Post Operative Instructions

Gentle rinsing with cold salt water for the first day following treatment and warm salt water thereafter can be completed up to five times a day. This does not mean rinsing vigorously, rather gentle head movements in either direction.

If sutures or a dressing has been placed they will start to exfoliate after five days

The following classes of medications have been prescribed for you.

Rinses: Peridex (Chlorohexadine) Sterile Saline At home salt water rinses

If Peridex has been prescribed please use it twice daily. Light brushing after use of Peridex will help prevent short term staining of the teeth. If you are wearing a denture please remove the denture when using Peridex.

Antibiotic: Amoxicillin Metronidazole Clindamycin Cephalexin No AB necessary

Azithromycin 250 mg (Z-Pak) (No alcohol)

Your antibiotic has been prescribed because the mouth is a dirty place! Use your antibiotic as directed on the bottle. If you develop itchy/scratchy skin or have trouble breathing please discontinue the use of the antibiotic and contact by calling the office at \_\_\_\_\_ . If this itching persists please start taking oral Benadryl and contact your physician. Some gastric upset is common with the use of antibiotics, however if you feel severe stomach upset, with frequent (5+ times daily) diarrhea, please contact office.

Anti-inflammatory: Motrin 600mg Tylenol Dexamethasone

Anti-inflammatory medications like ibuprofen are excellent in maintaining a low level of inflammation following treatment, reducing soreness in jaw muscles and providing pain control following treatment. The doctors recommend the use of Ibuprofen either prescription (if prescribed) or over the counter (Tylenol can be used interchangeably) for at least three days following treatment and longer if discomfort, swelling or pain persists.

Pain Medication: Vicodin (5mg) Vicodin Extra Strength (7.5mg) Percocet Ultracet Norco 5/325mgs

Opiate mimicking drugs like Vicodin, Vicodin ES, Norco and Percocet all can be associated with drowsiness, sleepiness, sleeplessness, nausea and mild feelings of euphoria. If you feel sick to your stomach or vomit following treatment, it is usually due to the pain medication. It is possible to halve your medication by cutting the pill in half or quarter the pill initially until you have built a tolerance to the medication.

In summary, use your best judgment following your treatment. It is not advisable to exercise vigorously or plan a long meeting for the few days after treatment. Although most patients experience minimal discomfort following treatment these guidelines should help to instruct you on what to expect following treatment. As always please feel free to contact the office with any additional questions.

We consider it a privilege to take part in your oral care. Please contact me with any questions about these or any other instructions that were given to you following your visit.