



POST OPERATIVE INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY/GRAFTING

Day of Surgery

The Do Not's:

- Do not drink hot liquids
- Do not rinse your mouth excessively
- Do not drink liquids through a straw
- Do not brush the **surgical** site
- Do not smoke, or use smokeless tobacco
- Do not exercise. Go home and take it easy. Proper wound healing requires rest.
- Do not chew hard, solid foods
- Do not play with dressing or sutures with your tongue or hand
- Do not look at or "show off" treated areas
- Do not floss surgical site until sutures have been removed

The Do's:

Do take your medications as prescribed

Anaprox: Take 2 x's daily as needed for mild/moderate pain or swelling.

Peridex Rinse: **Start tomorrow** 2 times daily following lunch meal and dinner meal, brush in morning and before bed. Do not eat or drink anything for **30 minutes following** rinse.

Amoxicillin: Take as directed **until all gone**

Vicodin: Take every 4-6 hours as needed for **severe** pain, best if taken with ES Tylenol.

Do rest quietly

Do drink plenty of liquids

Do eat soft foods

Do avoid hot and spicy foods, peanuts, popcorn, chewing gum & chips (**x 2 weeks**)

SWELLING

Swelling on the first day may occur and can be kept to a minimum with ice packs to the outside of the face over the surgical areas. **Ice packs should be used 10 minutes, on 10 minutes off, during the first 12 hours.** If swelling continues into the **second day**, then begin to apply **moist heat** to the surgical area.

BLEEDING

A slight amount of bleeding is expected the first day. **If bleeding is excessive**, apply direct pressure with **moist gauze** directly over the site of bleeding for **15 minutes**. If you do not have gauze, a tea bag works well. If this does not control the bleeding, please call Dr. Yarbrough.

The Days Following Surgery

Continue gentle rinse of tepid water several times a day. **You may start to gently brush your teeth.** Eat a normal diet and continue on any medications prescribed. Be sure to take antibiotics **if prescribed** until all are gone.

Telephone Dr. Goehring and report any of the following:

- Fever lasting more than 1 day
- Swelling which begins 3 or more days after surgery
- Difficulty breathing
- Excessive bleeding
- Discomfort not controlled by your prescribed medications

Assistant: Lauren, Lali, Sabrina & Nisha