

PATIENT SURGICAL INSTRUCTIONS

Prior to Surgery

Get a good night's rest and have a **light** meal approximately two (2) hours before your surgery is scheduled. This will help prevent any discomfort you might have with the medication you will be given during and after surgery.

SPECIAL INSTRUCTIONS

After Surgery

- 1. BLEEDING:** You may find a small amount of blood in your saliva for several hours after surgery-this is normal and of no concern. Persistent heavier bleeding should be treated by applying pressure to the area with a gauze, facecloth or black tea bag for 30 to 60 minutes.
- 2. SWELLING:** Some swelling can be expected and may persist for 5-7 days, depending on the procedure. Swelling can be minimized by the application of an ice pack for the first 12 to 36 hours after surgery (apply 10 minutes on, 5 minutes off). After **24** hours perform warm salt-water holds **4** times daily to reduce swelling (1 teaspoon salt in 8 oz. **warm** water). Hold in mouth until water cools and spit out. Do not lay flat the first two (2) nights post surgery.
- 3. MEDICATIONS:** You may have several prescriptions
 - Antibiotics (prevent infection): Take as directed until gone
 - Ibuprofen (pain and swelling control): Take 1 every 6-8 hours for the first 3 days, then 2-3 times daily until pain and swelling are gone. Take with food or 8 ounces of water.
 - Pain Medicine: Take every 3-6 hours as needed for comfort
 - Decadron (swelling): Take as directed until gone to reduce swelling.
 - Muscle Relaxant: (sleep): Medication may be prescribed to relax your jaw, head or neck so that you may sleep well at night-take as directed before bed.
- 4. MOUTH RINSE:** The antibiotic mouth rinse eliminates bacteria, speeds healing and reduces pain. You should rinse for 1 minute twice a day for 2 weeks after surgery or until healing is complete.
- 5. SUTURES-PERIODONTAL BANDAGE/MEMBRANES:** Sutures will be in place to hold the tissues. One or more **occasionally** work loose during healing. This is of no concern unless it causes pain. If part or all of the periodontal dressing is lost **in the first two days**, please contact the office so we may advise you as to whether it should be replaced. If it is lost **after** two days, simply floss gently and gently brush the surgical area to keep it plaque free. Some times the membranes we use to cover the bone grafts show through the tissue as white patches. This is normal. These white patches will dissolve in 3-4 weeks and pink healthy tissue will then be visible.
- 6. ORAL HYGIENE:** The non-surgical areas of your mouth should be brushed and flossed as usual. The surgical site should be rinsed with mouthwash and brushed lightly. Delicate flossing may be started 2 days after surgery. Keep the cleaning utensils primarily on the teeth and do not abuse or traumatize the soft tissues of the surgical area. Rinsing with salt water (teaspoon salt to 8 oz. water) after meals is encouraged to remove food particles and this will also decrease swelling. Using Clinpro toothpaste and Perio-Med rinse after the sutures are removed will help to decrease cold sensitivity.

- 7. ALCOHOL/TOBACCO:** Do not take the narcotic pain medication with alcohol. Do not smoke for at least 24 hours after surgery and any reduction in smoking during the post-surgery weeks will improve healing
- 8. ECERCISE/ACTIVITY:** Go home and rest the day of surgery. Perform only **light** activity for 1-3 days following surgery. Avoid strenuous activity for one (1) week. If you are being active and notice that the surgical area is throbbing, you are doing too much.
- 9. ROOT SENSIVITY:** Most periodontal surgery results in increased sensitivity of the teeth to hot, cold and air. **This is temporary, usually going away 2 weeks to 2 months post surgery.** You can minimize root sensitivity by practicing excellent oral hygiene by brushing and flossing the area twice daily.
- 10. DIET:** following surgery you should strive to eat a diet which is high in carbohydrates, protein, vitamins and minerals and is low in fat. Avoid hard foods (re: hard rolls, Grapenuts, popcorn) Avoid sticky foods (ie: caramels, taffy, gum). Avoid excessively spicy foods, extremely hot or cold, carbonated liquids and fruits or vegetables with small seeds.

Alkalize for faster healing: All substances we ingest become acidic or basic (alkaline) during digestion and metabolism. Excess acid buildup in our bodies is responsible for many health problems and can contribute to slow and painful healing. In order to keep your body slightly alkaline during the healing period, drink a glass of water with a wedge of lemon squeezed into it at every meal, including breakfast. Use a fresh lemon fruit, not lemon juice from concentrate. The lemon water stimulates the release of pancreatic enzymes which will tend to keep you in an alkaline condition. Another alternative is to take one (1) Alka Selzer tablet twice (2) a day in 12 ounces of water.

Hydration: You have lost blood and fluid from the surgery and it is important that you do not become dehydrated or you will not heal. You **must** drink 6-8 glasses of fluid per day for the first week following surgery. Water, milk, juice and sports drink are good choices. Coffee, tea and alcohol do not count as they will draw fluids out of your system, dehydrating you. Go light on orange and grapefruit juices because they increase hot and cold sensitivity of your teeth.

Vitamins and Supplements: Take a good multiple vitamin with minerals, supplementing with zinc, CoQ10, vitamin D and calcium may be helpful. It may be difficult after surgery to eat enough food to provide all the needed nutrients. If you are too sore or swollen to eat a normal diet you need to get nutrition from concentrated supplements. These include: jello, custards, puddings, junior baby foods, soups, Nutrment, instant breakfast drinks, UltraSlimFast, Ensure or sports protein drinks.

Carbohydrates (Energy Foods): Pasta, breads, pancakes, potatoes, rice, breakfast cereals (either hot or cold with milk), Cook these foods until soft.

Protein (Building Blocks): Meats, fish, poultry, eggs, beans, dairy. Cut small or grind meat or cook in soups. Cottage cheese, melted cheese, yogurt and milk shakes are good choices. If you do not eat much dairy food or green leafy vegetables, consider supplementing 1000mg calcium daily.

Fruits and Vegetables (Vitamins and Minerals): Consider carrots, squash, sweet potatoes, spinach, broccoli and leafy greens-cook or steam. Citrus fruit, cooked apples, applesauce and melons are also excellent sources of vitamins.

IF YOU HAVE ANY QUESTIONS, EXCESSIVE DISCOMFORT, UNCONTROLLABLE BLEEDING OR RASH, PLEASE CALL DR. ALLEN AT THE TELEPHONE NUMBERS BELOW

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