

## **PRESCRIPTIONS**

Depending on the extent of your case, you have been prescribed an antibiotic. It is important that you take the full course of the medication. We suggest you have some over-the-counter anti-inflammatory/analgesic medications on hand. We may provide you with a narcotic analgesic prescription for stronger pain relief if you feel you will need it. You will also be given a prescription for Peridex or Periogard mouth rinse. Please finish the entire bottle before you resume your normal cleaning routine after surgery.

## **BLEEDING**

You may notice oozing for 24-48 hours after surgery, we suggest that you protect your pillow with a towel. If you experience heavy bleeding, attempt to locate the source and apply gentle but firm pressure with a damp piece of gauze for at least five minutes.

## **WHAT TO EXPECT DURING HEALING**

The treated area may develop a color change (white or red patches, etc.) during healing, this is part of the natural healing process. The sutures may become loose over time. They will absorb and go away. Sometimes loose sutures are removed at post-operative appointments.

**If you have any questions, or discomfort that is not treated with the medications you were given, please call. A doctor can be reached at 650/941-7300.**

## **DISCOMFORT**

Most patients experience soreness and aching of the palate or graft site for up to 7-10 days. The discomfort usually peaks 3-4 days after treatment. Much of the discomfort can be avoided by controlling swelling. An anti-inflammatory/analgesic drug such as Ibuprofen should be taken regularly every 4-6 hours up to a maximum of 3200mg/day. Additionally, a narcotic analgesic such as Tylenol with Codeine can be added to the Ibuprofen during periods of pain or at night. The narcotic produces drowsiness, do not drive or work around dangerous machinery while under its influence. Take the medication with small amounts of food to reduce stomach upset.

## **SWELLING / BRUISING**

In some cases, localized swelling or bruising is to be expected. To minimize swelling, apply a cold pack to the face over the treated area immediately after surgery. Continue with the cold pack on for 10-20 min. then off 10-20 min. for 24 hours. If an anti-inflammatory medication has been prescribed, please take as directed. Once the swelling or bruising has peaked (usually 3 days after the procedure), apply moist heat to the outside of the face by using a hot water bottle, steamed towel, heating pad, or microwave the gel-pack you were given in short 30 second intervals, until it is warm, then cover in a moist towel. You may also microwave the gel-pack in 20-30 second intervals in a moist wash cloth and apply to the face. Use care not to burn your face!

## **NUTRITION**

Eat adequately to maintain nutrition and energy level. Choose soft foods which require minimal chewing such as scrambled eggs, soups, mashed potatoes, pasta, steamed veggies. Initially smoothies or milkshakes used with a spoon are a good choice. Drink lots of liquids. Avoid hard, hot or spicy foods. If possible, chew food on the untreated areas of the mouth. Food supplement drinks (such as Ensure) are available at drug stores and should be use if you are not comfortable eating regular food.

## **ORAL HYGIENE**

Meticulous oral hygiene should be continued in all areas of the mouth. In the area(s) of surgery, brush your teeth gently and stay away from the gum during the first week. After 72 hours, rinse several times a day with warm salt water (approx. 1/2 teaspoon salt in an 8 oz. glass of water). If Peridex/Perioguard rinse has been prescribed, use as directed after brushing. The cleaner the mouth is maintained, the better your healing response. Don't floss surgery sites until after your first post-operative appointment.

## **ACTIVITY LEVEL.**

Many patients return to work the day following surgery. However, we recommend that you avoid strenuous physical activity for the first 48 hours. Keep your head elevated and avoid bending over with your head below your waist. Get plenty of rest and sleep. In general, plan on taking it easy for the first several days after surgery.



MID-PENINSULA PERIODONTICS

## **Instructions For Patients After Surgery**

A PREVENTIVE CENTER  
FOR PERIODONTAL  
SPECIALTY CARE AND  
DENTAL IMPLANTS

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