

# Post Surgery Instruction

## **Numbness**

Numbness usually lasts approximately 2 hours. Please do not chew anything or drink hot or cold liquids until your numbness is gone.

## **Discomfort**

You can expect slight discomfort following your treatment. However to make you more comfortable while you are healing do the following:

- For gums: Rinse 3 to 4 times daily with warm salt water (1 teaspoon of table salt in an 8 oz. glass of warm water). If you prefer to use a flavored mouthwash you may dilute it with warm water and rinse. This is beneficial for both healing and cleanliness.
- For muscles: Gently chew a piece of sugarless gum to relax muscles. Chew on the side opposite to your dental treatment. Eat only soft foods until muscle soreness is gone.
- For teeth: Be patient - time will heal. If necessary, use your favorite brand of pain reliever (Ibuprofen tends to work best for dental pain). Call us if you have excessive pain.

## **Medication**

Pain following periodontal surgery is usually well controlled with non-narcotic medications such as ibuprofen (Advil, Motrin, Nuprin) or Tylenol. If ibuprofen has been prescribed for pain, continue taking this medication every 6-8 hours for several days) even if you are in little discomfort. Narcotic medications (such as, Vicodin or Codeine) may be additionally beneficial for pain control. You may elect to take the prescribed narcotic (with; not in place of your ibuprofen or Tylenol) for pain that is moderate to severe. Narcotic medications may cause drowsiness and/or nausea. To minimize stomach upset, take your medication with at least 1/2 glass of water and after meals.

## **Activity**

You generally can resume normal activities the day following periodontal surgery. It is recommended however, that you limit your activities and return home to rest the day of your surgery. This is especially true if you have taken sedative medications.

## **Brushing**

Brush thoroughly but gently. (Use a soft brush warmed in water with emphasis on the area of the tooth near the gum line). If you have been using rubber tips, water picks, or other dental aids continue to do so.

## **Bleeding**

For several hours following surgery, a small amount of blood may appear in your saliva. If bleeding persists, try to localize the area where the bleeding is coming from. Apply firm but gentle pressure directly to the site of bleeding. With a gauze or moistened tea bag for 5 to 10 minutes. If severe bleeding continues and you cannot stop it, please call the office or go to your local emergency room. Your gums may bleed for a few days when you brush or floss, don't be alarmed, as this is normal. Continue brushing and flossing even if your gums bleed.

## **Surgical Dressing**

Surgical dressing may have been placed over your gums. Do not worry if the dressing falls off before your next appointment. This should not adversely effect your healing. If are concerned, feel free to call the office.

## **Nutrition**

A good diet is important for healing. A semi-soft high protein diet is recommended. Avoid hot, hard and crunchy food since there may be injured tissue that is healing. Food suggestions include scrambled eggs, yogurt, bananas, instant breakfast drinks, applesauce, cottage cheese, oatmeal, etc. (Very cold foods or drinks: such as ice cream or milk shakes sometimes also cause discomfort to your teeth and should be eaten cautiously).

## **Temperature**

Avoid extreme hot or cold on your teeth, as they may cause sensitivity. This is also normal and may last from a few days to several weeks. You should expect gradual improvement. We recommend the use of anti-sensitivity toothpastes such as; Sensodyne or concentrated fluoride gels such as Prevident or Gel-Kam.

## **Post-Surgical Problems**

If you experience an increase in swelling after 3 days, a fever, discomfort (that is not controlled by the prescribed medications), an adverse reaction to any medications or if you are uncertain about your progress in healing, please call the office.

**Call us:** If you have any further questions or concerns, please call