

POST-SURGERY INSTRUCTIONS

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 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. Narcotic medications (such as, Vicodin or Codeine) may be additionally beneficial for pain control. You may elect to take the prescribed narcotic 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 ½ glass of water and after meals. If antibiotics have been prescribed, they should be taken until the prescription is completed.

At the beginning of your procedure (_____) you were given _____ mg of ibuprofen/Tylenol. Four hours later (_____) take 1-2 tablets of extra strength Tylenol (500 mg over the counter medication). Continue to alternate every 4 hours (800mg prescription tablets of ibuprofen and then four hours later 1-2 extra strength Tylenol) for the next 2-3 days. Pain may increase each day up through the next 3 days. After 3 days the pain should decrease. However, discomfort lasting up to one week is normal and should not be a cause for concern. Continue to take pain medications as needed after day 3. DO NOT exceed 3,200 mg of IBUPROFEN AND/OR 4,000 mg of TYLENOL in a 24 HOUR period. If you take a prescribed narcotic medication like Vicodin TAKE THESE IN LIEU OF TYLENOL as these medications have Tylenol in them. So you would alternate every four hours between 800 mg. Ibuprofen and Vicodin.

Activity:

You generally can resume normal activities a few days following periodontal surgery. It is recommended 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, avoiding the surgical area for a few days. If a mouthwash was prescribed, it will clean the surgical area. Only use the prescribed mouthwash for the 2 weeks after surgery, or instructed otherwise by your dentist. Use a soft brush warmed in water and temporarily avoid electric brushes, rubber tips, water picks or other dental aids in the surgical area

Bleeding:

For several hours following surgery, a small amount of blood may appear in your saliva. If bleeding persists, try to localize the area from where the bleeding is coming. Apply firm but gentle pressure directly to the site of the bleeding with a moistened gauze or moistened tea bag for 20 to 30 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. Do not be alarmed, as this is normal.

Important Precautions:

- Smoking and consumption of alcoholic beverages should be avoided.
- Dentures may NOT be worn until relined or refilled by a dentist. The wearing of dentures may jeopardize a successful healing process.

Nutrition:

A good diet is important for healing. A semi-soft high protein diet is recommended. Avoid hot, hard and crunchy food since they may injure healing tissues. 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.

Call us: If you have any further questions or concerns, please call the office or **Dr. Jonah Barasz at 860-951-1002.**