



Striving for Excellence

Sugarloaf Periodontics and Dental Implants

John J. Lee, DMD

POSTOPERATIVE INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

1. **PAIN/DISCOMFORT:** Some degree of discomfort and pain may arise after numbness subsides. Take the prescribed pain medication as needed with food. Do not drive / operate machinery if taking pain medicine. Taking over the counter pain medicine such as Advil, Motrin, Tylenol are fine while at work / driving.
2. **DO NOT DISTURB THE AREA OF SURGERY:** Avoid vigorous chewing, excessive spitting, or aggressive rinsing.
3. **EXPECT MINOR BLEEDING / Oozing:** If bleeding persists, apply gauze to area for 30 minutes to an hour. Biting on a moist teabag wrapped in gauze may help control persistent oozing from the surgical site. Tea contains tannic acid, which helps promote blood clotting.
4. **LIMITED PHYSICAL ACTIVITY:** For first 24-48 hours after surgery. Over exertion may lead to postoperative bleeding and discomfort. When you lie down keep your head elevated on a pillow. You may wish to place a towel on your pillowcase to avoid staining from any blood-tainted saliva.
5. **SWELLING:** apply an ice pack on the outside of your face for 20 minutes then taken off for 10 minutes and repeat throughout the day for the first 24hrs. Anti-inflammatory medications, such as Advil, also help decrease swelling.
6. **DRINK PLENTY OF FLUIDS AND EAT SOFT FOODS:** Clear beverages, ginger ale, Seven-up, or Sprite, water, teas, soda, broth, soups, or juices are all suitable. Avoid hot liquids, popcorn, seeds, etc for several days
7. **AVOID USING A STRAW FOR SEVERAL DAYS.**
8. **AVOID SMOKING**

If you need to contact us after office hours, please call Dr. Lee's cell phone 678-361-8610. If he does not answer immediately, remember to always leave a voice message with your name, number and where you can be reached.

POSTOPERATIVE INSTRUCTIONS FOLLOWING GUM GRAFT

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Antibiotic If an antibiotic has been prescribed, start taking it the first day (unless directed otherwise) and use to completion. You can reduce upset stomach by taking with food and/or plenty of liquids

Ibuprofen Unless you have a reason you can't take ibuprofen (such as an allergy to ibuprofen or aspirin, or a stomach ulcer), take 800mg of ibuprofen at a time, 3 times per day. Start the day of the gum graft surgery, and take for the next 2 days. After the second day, you can still take it as needed for pain. Do not use ibuprofen for more than one week.

Pain pills or ointment Take one pain pill as soon as you can after surgery. It will usually work better if taken before the numbness wears off. After that, take only as needed. Take any narcotic pain pills with food and/or plenty of liquid. Do not drive after taking any narcotic pain pill and do not take them with sleeping pills or alcohol. Orabase with benzocaine can be dabbed on the palate as a numbing ointment.

Aspirin Unless you have a special medical reason for taking aspirin (tell us at least a week ahead of time if this is the case), do not take aspirin products for 7 days prior to thru 7 days after the graft procedure. Aspirin can cause bleeding.

Ice bag Use a cold pack (a plastic bag of frozen peas works well) to the face over the area where the procedure was done for 10 minutes at a time, twice an hour, for the first 6 hours. You can periodically use an ice bag the rest of the day of surgery and the next day (UP TO 48HRS). If you use the ice bag as directed, you should have less swelling than you would have otherwise. The less swelling, the less pain. Do not use hot packs or a hot water bottle.

Sleep somewhat inclined For the first 2 nights after the procedure, sleep in a recliner chair or with your head propped up with some pillows. If you keep your head above your heart level for the first 2 days, it will significantly cut down on post-op swelling. The less swelling, the less pain.

Oral hygiene Do not use a water-pik for 4 weeks after the graft procedure. Do not use an electric toothbrush around the graft area for 4 weeks after the procedure. After that, it should be OK. Around the area of the graft, for the first 14 days, **DO NOT BRUSH**, even with a hand held regular toothbrush. Use a wet q-tip to gently "brush" the tooth/teeth worked on around the gum line for the first 7 days. You can brush the areas not worked on. After 14 days, a soft toothbrush gently used around the tooth/teeth where the graft was placed is OK. Do not floss around the tooth/teeth worked on for 1 week, so you don't accidentally take out any of the stitches. After 2 weeks, there should be no oral hygiene restrictions unless informed by Dr. Lee, except for water-piks & electric toothbrushes.

Stitches The stitches around the tooth/teeth grafted usually last about 7-10 days. The stitches are all dissolvable, meaning they will eventually fall out on their own. . Do not pick it off; it will fall off on it's own. If non-dissolvable stitches were used, they will be removed at your 2-4 week postop

Peridex mouthrinses: mouthrinse might cause staining. The staining can be removed at your next cleaning. Do not try to remove during postoperative healing period.

Salt-water rinses Rinse your mouth out gently (don't swish) with warm salt water (1/2-tsp. salt in 8-ounce glass of warm water). Hold this in the mouth for 30 seconds and spit out. Repeat. Do this 4-5 times per day for 7 days. Start day after the procedure.

Exercise Avoid strenuous exercise for the first 7 days. Strenuous physical activity may increase postoperative pain or cause post-operative bleeding and swelling. Less activity equals less pain.

Touching the surgical site It is important that the surgical site remains untouched during the initial stages of healing. We recommend that you avoid stretching your mouth to look at the site, use caution when washing your face, and avoid playing with your tongue on the surgical sites.

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Bleeding “Pink” saliva is normal for a few days. If you get any bleeding, the usual source is the donor site (roof of the mouth). Many patients will have some. Wipe it clean of any “blood clots” first. It has to be thoroughly cleaned first. Then apply gentle (it doesn’t need to be real hard) pressure to the palate (roof of the mouth) for 10 straight minutes with a moistened wet tea bag (black tea works the best), or a moistened gauze pad, or a clean washcloth, etc. Be sure it is wet. If it is not, the clot will stick to it and start bleeding again when you pull it away. If it just won’t stop, call.

Swelling Most people get some swelling and, if they do, it usually happens about 24-48 hours after the surgery. Using the ice bag and sleeping inclined as directed above will help a great deal with keeping it to a minimum.

Food Stay on a soft diet, chew away from the grafted tooth/teeth and avoid any foods that would be more likely to get stuck in the gum graft site, such as corn, popcorn, nuts, and seeds (fruits like strawberries have seeds). Do this for up to 2 weeks. Citric juices, carbonated beverages or acidic foods, like tomatoes, may make it hurt, but won’t damage the graft healing, though. For the first 7 days avoid really hot foods or drinks. Consider a nutritional food supplement (Carnation Instant Breakfast drink, Ensure, Slim-Fast, etc.). Ensure makes a product called Glucerna for diabetics. After 2 weeks, there should be no eating restrictions. **DO NOT** use straws for 2 weeks.

Smoking Graft failure rates triple with smoking within the first 7 days after the graft procedure. Smoking causes more post-operative pain, as well. If you do smoke, keep it 5 cigarettes or less per day and only smoke half the cigarette. No cigars or pipes.

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Dr. Lee makes every attempt to return emergency calls as promptly as possible. Occasionally, phone messages do not reach Dr. Lee’s cell phone. If you are experiencing an emergency, go to the nearest hospital emergency room. You may also try to reach your dentist.