

Post-Operative Instructions

Optimal healing following surgery is dependent upon proper post-operative care. It is **critical** to follow these instructions for **two weeks** following surgery to optimize treatment outcomes:

Recommendations	Things to Avoid
✓ Fill prescriptions on the day of surgery and take all prescriptions as prescribed ¹	Pulling on your lip or disturbing the surgical site with your tongue, finger, or toothbrush
✓ Take 3 tablets (600mg total) of Ibuprofen (Motrin) every 5 hours for two days following surgery to minimize swelling and discomfort ²	Aspirin (increases bleeding) Smoking during the week after surgery
✓ Chlorhexidine (Peridex) rinse twice a day	Tooth brushing at the surgical site
✓ Limit diet to foods easily cut with a fork	Avoid chewing on the surgical site (for at least 3 weeks, <i>especially</i> after implant placement)
✓ Apply ice packs to the surgical site as needed to reduce swelling (10mins on 10mins off)	Heavy exercise during first 48hrs after surgery
✓ Cold smoothies or shakes after surgery	Hot beverages that may rupture the clot

One of the **most important** factors to all periodontal surgeries is **stabilization of the surgical site**. Do not pull your lip, look at the site, aggressively swish or spit, or poke the surgical site with anything.

Dental implants, tissue grafting, bone grafting, and gum tissue after periodontal surgery all need to be **left alone** so that proper healing may occur. Great care has been taken to place grafting materials or your tissue into a position that will heal best. Please allow it time and let it be!

Everyone's healing course is different. The following may be helpful in determining what's normal:

Normal Healing	Please Call the Office or Dr. Walker if:
Minor bleeding from the site that appears dark red or pink on the day of surgery	Bleeding from the surgical site is persistent and red that does not stop after 20 mins of firm pressure with gauze
Bruising near surgical site or minor swelling within first few days of healing	Swelling that starts around 5-7 days after surgery that may feel hot to the touch
Discomfort for the first few days (this is when the natural healing process of swelling from inflammation is greatest)	Discomfort that gets progressively worse after the initial 3 days of healing
Small amount of particles from bone graft escaping wound	Bad taste (metallic) near surgical site that comes and goes

¹Please finish all antibiotics prescribed. Use pain prescriptions as needed but do not take them on an empty stomach.

²Do not take Ibuprofen if you are allergic or if your doctor has advised against taking NSAIDS