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# Center for Periodontics & Implant Dentistry

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JEFFREY J. LARO | CALEB J. POSTON

## INSTRUCTIONS FOLLOWING PERIODONTAL AND DENTAL IMPLANT SURGERY

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## INSTRUCTIONS FOLLOWING PERIODONTAL AND DENTAL IMPLANT SURGERY

The following suggestions and reminders will be beneficial to your postoperative progress and will aid considerably in promoting comfortable healing. Please read the instructions carefully and follow the recommendations.

### SURGICAL DRESSING

Some areas of surgery may have been covered with a dressing or surgical pack; this is the pink/orange wax that may be covering your gum. The dressing provides a temporary bandage and serves to withstand stresses of light chewing and tooth brushing. As healing progresses and the dressing hardens, it is not unusual for pieces to loosen and come off. This will not affect healing.

### MEDICATIONS

Several different types of medications may have been prescribed. Take them as directed unless you feel there is an adverse effect. Pain medications and sedatives may cause drowsiness or slowed reflexes. Do not drive an automobile or work near dangerous machinery while taking such medications.

### CARE OF MOUTH

1. Continue routine oral hygiene in areas not affected by the surgery.
2. If no dressing material has been placed, lightly brush the surgical area. Your toothbrush softened by hot water will aid in healing when used gently to remove plaque. Tissues heal better in the absence of plaque. Therefore, good oral hygiene is essential.
3. If no mouth rinse was prescribed, use warm salt water (1 tsp., dissolved in a large glass of water) and rinse every few hours the day following surgery.
4. Smoking slows the healing process.

### BLEEDING

A slight amount of bleeding is not uncommon the day of surgery. If there is bleeding beyond this period, this can usually be controlled by:

1. Apply firm pressure with clean, wet gauze or a tea bag to the area that is continually bleeding.
2. Hold a strong solution of cold tea in your mouth until it reaches body temperature - repeat several times.
3. Keep your head elevated with at least two pillows the night of surgery.
4. Vigorous rinsing may increase bleeding. Rinse gently.

### SWELLING

Some swelling is to be expected following periodontal surgery. The amount varies with every patient and with the extent of the surgery. Applying an ice bag to your face for periods of 20 minutes on and 20 minutes off for the first day and the day following surgery will help to minimize the swelling. Swelling could be the greatest on the second or third day and should start subsiding after the third day. After the first 24 hours, heat should be applied to the area instead of ice.

### GUM AND BONE GRAFTS

Do not brush or floss the graft site until you return for your follow-up visit. Brush other areas as usual. When you rinse, do so gently. Vigorous rinsing may upset the graft site. Please do not pull or retract your cheek or lip.

### ACTIVITY

A feeling of weakness, chills, and slight fever may be experienced during the first 24 hours. Rest is encouraged during this period. The effects of sedation may last for 24 hours. No strenuous activity should be performed during the first 48 hours.

### IF ANY PROBLEMS ARISE

Do not hesitate to call the office: (843) 766-7131. Please listen carefully as the instructions will guide you on how to reach your dentist in the event of an emergency.

### INSTRUCTIONS FOR DIET FOLLOWING PERIODONTAL SURGERY

It is important that you maintain a nutritious diet during the weeks of healing. The patient who maintains a good diet of soft foods generally feels better, has less discomfort, and heals faster. The foods listed below are planned to provide the body with adequate vitamins and minerals. Foods containing tomatoes, onions, peppers, or spices of any kind will be irritating and should be avoided.

#### BREAKFAST

- Milk, tea, or coffee. (Refrain from hot liquids).
- Cooked cereals: oatmeal, Cream of Wheat, or grits.
- Yogurt.
- Eggs: soft boiled, soft scrambled, poached or soft fried.

#### LUNCH AND DINNER

- Broth or bouillon soups.
- Ground beef (broken in small pieces and mixed with whipped potatoes).
- Baked or broiled fish (or fried fish with crust removed).
- Broiled or stewed chicken (finely chopped).
- Chicken noodles or dumplings.
- Potatoes: baked, boiled or whipped.
- Asparagus, peas, carrots, lima beans or string beans (well cooked and/or mashed).
- Puddings, Jell-O, custards, stewed fruits, ice cream, or milkshakes.

A blender may be used to liquefy foods. Ensure, Boost, Carnation Instant Breakfast or similar nutritional supplements may be used 3 or 4 times daily - either added to meals or as an in-between-meal snack.

REMEMBER: You may eat any soft foods that do not irritate the surgical area.

**EAT WELL AND YOU WILL FEEL WELL**



# POST LASER TREATMENT INSTRUCTIONS



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PATIENT NAME: \_\_\_\_\_

Date: \_\_\_\_\_

## Area(s) treated:

RIGHT								LEFT							
01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17

**Day of Surgery** \_\_\_\_/\_\_\_\_/\_\_\_\_

Follow these instructions from surgery day, until the 1<sup>st</sup> Follow Up:

- Diet: Soft/Mushy foods **only**
- Homecare in area(s) treated:
  - **DO NOT use ANY type toothbrush, Floss, Proxabrush®, or Waterpik®**
  - Use the Chlorhexidine (Perioguard) antibiotic prescription mouth rinse as directed for 2 weeks.

**1<sup>st</sup> Follow Up** \_\_\_\_/\_\_\_\_/\_\_\_\_

(2 weeks after surgery)

Follow these instructions from the 1<sup>st</sup> follow up to the 2<sup>nd</sup> follow up:

- Diet: Eat anything you can cut easily with the side of a fork
- Homecare in area(s) treated:
  - Can now begin flossing between contacts ONLY, but DO NOT go underneath gums
  - Can now begin brushing gently with a MANUAL, soft toothbrush horizontally at the gum line
  - Discontinue Chlorhexidine mouth rinse and switch to an over the counter antiseptic mouth rinse such as Listerine®
  - **DO NOT USE Electric Toothbrush, Proxabrush®, or Waterpik®**

**2<sup>nd</sup> Follow Up** \_\_\_\_/\_\_\_\_/\_\_\_\_

(4 weeks after surgery)

Follow these instructions from the 2<sup>nd</sup> follow up until the Maintenance Cleaning:

- Diet: Normal diet, but avoid hard foods like nuts
- Homecare in area(s) treated:
  - Can now Brush/Floss/ Proxabrush® like normal, but not aggressively.
  - **DO NOT use Electric Toothbrush or Waterpik®!**

**3<sup>rd</sup> Visit Maintenance Cleaning** \_\_\_\_/\_\_\_\_/\_\_\_\_

(3 months after surgery)

After The Maintenance Cleaning Your Diet And Homecare Return To Normal:

- Use your Proxabrush®, Floss and Soft Toothbrush at least twice daily, being sure to clean area(s) as directed.
- You can resume use of Electric Tooth Brush. Brush at gumline with 45 degree angle and slowly brush each tooth in sequence.
- Floss using a "C" shape: wrap and floss UNDER gums to clean under the gumline.
- Proxabrush® in BOTH directions with FIRM pressure to clean spaces.



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## Post-Operative Instructions for Sinus Elevation

To ensure a successful treatment outcome, patient cooperation is critical. We ask that you follow the recommendations below until the necessary healing has taken place.

- 1.** For ten days after surgery, we ask that you refrain from blowing your nose. If your nasal passages are runny or clogged, please gently dab the area. Blowing your nose could result in damage to your sinus area.
- 2.** To reduce swelling, we recommend using ice packs on the affected area. Try 20 minutes on, then 10 minutes off.
- 3.** Maximum swelling can occur on day 2, 3, or 4.
- 4.** For 72 hours after surgery, we recommend drinking plenty of liquids—juice, milk and soda. Please do not drink through a straw, as this can create negative pressure.
- 5.** For the best treatment results, we recommend that patients refrain from drinking alcohol for the first seven days.
- 6.** A soft diet (soup, pudding, ice cream, etc.) is recommended for the first five days.
- 7.** After the first 24 hours, you may gently rinse with warm salt water. Please avoid commercial mouth rinses during the first week.
- 8.** If you feel a sneeze coming on, please sneeze with your mouth open. Avoid snorting to clear your nasal passages.
- 9.** To ensure proper healing of the sinus cavity, we ask that you refrain from smoking for two months.
- 10.** Patients are asked to sleep upright for the first two nights.
- 11.** Avoid bending over at your waist. Bend at your knees to keep your head upright for 10 days.
- 12.** Do not fly in a plane or scuba dive for 10 days after procedure.





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## Homecare after Your Graft

1. After surgery is completed, you may have a waxy, pink bandage over the graft sight. If so, this pink material might come out on its own. It may come out the same day that it was placed, or it could still be present when you come back to see us for your follow-up appointment. It is there for your comfort and to protect the new tissue. If it is still present when you come back to see us, we will remove it at that time.
2. If you have bleeding from the roof of your mouth, apply firm pressure directly to the site with gauze squares or a moist tea bag for 30 minutes continuously. After the bleeding stops, do not disturb the area with food, liquid or rinses for 2 hours. (Repeat if the bleeding restarts.) Some bleeding from the roof of the mouth is expected.
3. Please do not pull on or retract your cheek or your lips.
4. On the day of surgery, your diet should be restricted to cold and soft foods or liquids. You should not eat or drink anything extremely hot as long as your mouth is still numb from the local anesthetic.
5. Brush your teeth as you normally do, except for the area grafted. Begin cleaning the area the day after your surgery. Refrain from brushing and flossing around the graft site until you come back to see us for your follow-up appointment. We will demonstrate how you should be cleaning your new graft at that time. You may feel some of the sutures used, and if present, they will be removed at that follow-up appointment also. Do not use a Waterpik® in the area of your surgery.
6. Perioguard®/Peridex® rinse is sometimes prescribed to reduce the bacteria in your mouth. You can start rinsing twice daily (A.M & P.M.) the day after surgery. Vigorous rinsing may upset the graft site so swish gently. Please refrain from rinsing or brushing for 30 minutes after using the rinse.
7. After your surgery, the graft may not look like the gum tissue around it. As it begins to heal, the graft will change color and begin to look white or have reddish splotches. This is the normal healing pattern and is not a cause for concern.

