

## Summit View Periodontics

# Post-operative Instructions

**Please read these instructions completely and carefully.** These post-operative instructions are intended to aid healing and minimize discomfort. **Your treatment outcome is determined by how well you follow these instructions.**

1. After periodontal surgery keep physical activity to a minimum for at least 48 hours. Also, excessive talking should be avoided.
2. Gentle gargling with a warm saltwater solution is encouraged. Do not swish liquids with any force.
3. Eat plenty of soft (fork tender), nutritious foods as part of your post-operative diet. High protein foods like eggs, cottage cheese, warm thin soups, soft pasta (e.g., Mac & Cheese®), and fish (watch for bones) are great examples. Cold foods/drinks such as yogurt, malts, ice cream and diet supplements (i.e. Slim Fast, Ensure) are good as well. Continue this until your follow-up visit. Avoid hard, crunchy foods such as cookies, crackers, bread crusts, popcorn, candies, croutons, etc.
4. Please avoid hot foods and/or drinks. Body temperature or cooler is best. Avoid spicy foods.
5. Avoid using straws of any kind.
6. Avoid chewing on the side of your mouth where the surgery was performed. Keep your tongue away from the sites as well.
7. Things to expect after your surgery:
  - a. **Light bleeding** may occur and it will appear to be greatly exaggerated when it dissolves in saliva. Find the origin of the bleeding and apply pressure. If you cannot find the point of origin, rinse your mouth gently with iced water and apply a wet tea bag (caffeinated) to the area. If this does not stop it, call us immediately.
  - b. **Swelling** typically peaks between 48 and 72 hours after surgery. Swelling may be minimized by applying ice packs in 10 minute intervals (on and off) throughout this period. **Avoid lying flat.** Keep your head elevated. Avoid exercise within the initial healing phase because swelling tends to become worse.
  - c. **Discomfort** of the gums and tooth sensitivity is to be expected. Moderate to severe pain should be managed with ibuprofen and/or acetaminophen with narcotic medications as appropriate. These medications should be prescribed prior to leaving the office. If you do not have these medications, contact us immediately.
8. Occasionally, a surgical packing (“pink gummy stuff”) may have been placed over the healing tissues. If this packing falls out, don’t worry. If a piece of the pack falls out or if the entire pack loosens, do not be alarmed. Just keep it in place or gently remove it.
9. **Hygiene:** Do not attempt to brush or floss the surgical areas until your next visit. You should brush and floss the areas of your mouth away from the surgical areas. If you find it absolutely necessary to floss or brush near the surgical sites, contact us immediately for directions.
  - a. **For Laser Gum Surgery ONLY:** Do not brush the involved areas **FOR THE FIRST 3 DAYS**, and then resume very soft brushing. Avoid flossing until your next visit.
10. The following medications may be prescribed/advised for you following your surgery. Take it as directed.
  - a. **Pain management:** Mild pain:  Ibuprofen (Advil)  Acetaminophen (Tylenol)  Medrol  Aleve  
Moderate/advanced pain:  Norco  Percocet  Ultram  Other: \_\_\_\_\_  
Avoid aspirin because heavy bleeding may result.
  - b. **Antibiotics:**  Amoxicillin  Metronidazole  Clindamycin  Doxycycline  Other: \_\_\_\_\_  
It is absolutely essential to take all the pills as directed on the prescription label. It may help to take them with food. Avoid sunbathing or drinking alcohol while taking certain antibiotics, so read all cautions carefully. Antibiotics can cause oral contraceptives (birth control) to become ineffective.
  - c. If an **allergic reaction** (itching, rash, hives) or stomach discomfort develops, stop taking the medication(s) and call us. If your breathing or swallowing become difficult, call #911 immediately!
11. Do not be alarmed if your teeth become increasingly loose or sore. This is normal. While the discomfort may last a while in some patients, the long term health benefits far outweigh the sensitivity. If you feel you are developing a bite imbalance, call us so we can adjust your teeth accordingly.
12. Do not hesitate to call our office at **(303) 450-3144** with any further concerns or questions. Dr. Sakkaris may be reached by phone or text message if a true emergency exists. His mobile phone number is **(443) 799-2855.**