

Patient Instructions after Periodontal Surgery

Swelling

In some cases, swelling is to be expected, along with bruising, which usually peaks on the third day, and may take up to 3 weeks to subside. To alleviate this, ice packs should be placed to the outside of the face over the area of surgery at 15 to 30-minute intervals (15-30 minutes on /15-30 minutes off) for the first 72 hours (3 days) even if you don't initially have any symptoms. This will prevent the development of pain and swelling, especially if you are prone to bruising or swelling easily. Ice cubes in a plastic bag, or a bag of frozen peas, work well for an ice pack. You should not plan to travel for the first 2 weeks after surgery.

Pain Control

You may have moderate discomfort after the anesthesia wears off. This will peak about the third day, and last for up to two weeks. Much of the discomfort can be avoided by controlling swelling. Ibuprofen (Advil) can be taken: take three tablets of 200mg each (600mg) every 6 hours as needed (Not more than 2400mg (or twelve 200mg tablets) per day). Take the ibuprofen for the first 3 days even if you don't initially have any symptoms in order to prevent the development of pain and swelling. Aleve (stronger than Ibuprofen) or Aspirin can be used if you prefer that to Ibuprofen. You can take Tylenol in addition to Ibuprofen, Aleve or Aspirin. If this combination is not strong enough, you may also be prescribed a stronger pain medication (Vicodin or generic Norco) just in case. This can be taken at the same time as the ibuprofen following the directions on the bottle. Because it is also to be taken every 6 hours, you can alternate each medication every 3 hours if you are in considerable discomfort: in other words take Ibuprofen, wait 3 hours, take the prescription, wait 3 hours, take Ibuprofen, etc. Do not take extra Tylenol with the Vicodin, which already contains Tylenol. For patients having had gum grafts, you may use Oragel in the roof of your mouth for added comfort.

Infection

If you have been prescribed an antibiotic to prevent infection, please take as directed on time and until all the tablets are completed (usually 5 days). Not completing the regimen on time may cause antibiotic resistance to the medication and potentially a worse infection than if the antibiotic had not been used. If your medications are causing complications (rash, severe vomiting, severe diarrhea), please discontinue taking them and call us immediately. Signs of infection include: a fever of 100 degrees or more, drainage or a bad taste in the mouth, or if the outside of your face is hot and flushed or has continued increase in swelling after the 3rd day.

Bleeding

Postoperative seepage is normal for several hours after the operation and even overnight. Do not be concerned if traces of blood are noted in the saliva, or if you find a blood clot in your mouth in the morning. Do not rinse the mouth vigorously, as disruption of the blood clot may occur possibly leading to dry socket if you've had an extraction. If heavy bleeding continues from the roof of the mouth or an extraction socket, use the gauze or a damp tea bag to put firm pressure on the area for 30 minutes. DO NOT USE GAUZE AROUND GUM GRAFTS OR BONE GRAFTS. If bleeding does not subside, please call us.

Sutures or Dressing

You may have either sutures (stitches) or a periodontal dressing (thick pink packing) around your teeth. If you have had gum grafting, a translucent purple adhesive dressing may be attached to the roof of your mouth or around the graft itself. If you have had tooth uncovering, there may be a pink packing in the roof of the mouth. These should remain in place until your next appointment. Do not be alarmed if the pink or purple packing dislodges, or a few stitches come loose several days before your next appointment. However, you should call if something comes off within a day or two following surgery. Long tan dissolvable stitches can be cut at home with a pair of scissors cleaned with rubbing alcohol, but do not pull anything out. It is not uncommon to have tooth sensitivity to temperature if the pink packing is lost. Please also avoid touching the surgical area, or pulling your lips away to view it. The area may swell and bruise. Any grafted area may change in appearance from day to day presenting with variety of colors ranging from red/brown to white.

Implant or Sinus Procedure

If you had an **implant** placed in the lower jaw and you are still numb in the lower lip the next morning, please call us immediately at the office, or Dr. Nicoara's cell after hours, to avoid possible permanent nerve damage.

If you have had a **sinus** procedure, it is not uncommon to experience a single nose bleed immediately after or even up to one week following surgery. To avoid this, try not to sneeze or blow your nose forcefully. Also, do not engage in any strenuous activities/heavy lifting/bending the head past the knees that put negative pressure in the sinus. It is possible that grafting material may escape from the sinus into the nose (see bone graft below). Significant bruising is not uncommon under the eye or in the cheek, which may travel down the side of the neck.

Bone Graft

A bone graft or membrane may have been used for your surgery. Do not chew on the side of the graft. It is not uncommon for the bone graft particles (similar to large grains of salt) to escape from the grafted area, in which case you may experience a gritty sensation when eating.

Mouth Care

Brushing and flossing should be continued in all other areas of the mouth, but the area of surgery must not be touched in order not to dislodge the sutures or any blood clots. GENTLE rinsing after meals with a glass of cool water is beneficial. Rinsing helps flush out debris that collects around the teeth. You may have been given a prescription for a mouth rinse called Peridex (AKA: chlorhexidine gluconate) which should be used the day after surgery and no sooner. You should rinse GENTLY for one minute at least three times a day until your next visit. There is a **refill** on the prescription, so if you run out, please refill it as this is your only way to clean the area until you get new instructions from Dr. Nicoara. You must wait 2 hours after brushing the rest of the teeth with toothpaste before using the rinse (toothpaste will deactivate the rinse), OR simply substitute the toothpaste with the Peridex. Dip your clean tooth brush in the mouthrinse and brush the non-surgical areas, DO NOT brush the surgical areas, then rinse the surgical area with the Peridex. The rinse may cause a temporary, non-permanent dark staining of your teeth and tongue that disappears once you stop using the rinse. If any staining persists 2 weeks after discontinuing the rinse, we will polish your teeth for you.

Partial Denture

If you have been given an Essix tray on the day of surgery, leave it in overnight for the first 4-5 nights. Otherwise, swelling overnight will prevent you from replacing it the next day. If you were given a Flipper, you should generally not sleep with it or you risk getting a yeast infection. During the day, you should remove the Essix or Flipper to rinse your mouth and to clean the appliance with the mouthrinse and toothbrush, particularly after eating if food gets caught beneath it. Do not wear any retainers if we have not told you it is ok to do so.

Nutrition

Maintaining an adequate diet after surgery is advisable. Cut your food into smaller pieces and chew on the opposite side of the mouth from the surgical site. Soft cool foods are ideal for the first 72 hours, after that, warmer foods can be consumed. Avoid hard or spicy foods until directed by Dr. Nicoara. The following foods are recommended which supply nourishment with little (if any) chewing necessary for swallowing: milk shakes, yogurt, puddings, apple sauce, cottage cheese, ice cream; chopped/ground meat and solids put through a blender; broth or soup (not hot for the first 72 hours); cooled mashed potatoes, oatmeal or scrambled eggs; food supplements (Carnation instant breakfast, Ensure, etc) ... and drink plenty of fluids. Do not use a straw if you have milk shakes and such – you may dislodge your blood clot by sucking too forcefully, so use a spoon instead. You should also avoid carbonated beverages for comfort, and alcohol should not be mixed with the Vicodin.

Smoking

Smoking is one of the most well known deterrents of healing. It increases your risk of bone loss by 6 times, and will reduce your healing rate as well as reduce the success of your surgery. You should not smoke for at least one week after surgery. You may use a patch or some other nicotine replacement post-operatively if necessary.

Activity

Remain quiet for 24-48 hours following surgery. Avoid heavy lifting, exercise or heavy work for the next 2-3 days after surgery as such activities increase heart rate and blood flow to the surgical area which causes further bleeding, swelling and pain. Avoid swimming for the first week to avoid infection.

Contact Us

If you have any questions, please don't hesitate to call us during normal business hours at: **425-374-5380**

If it is after hours, you can reach Dr. Nicoara at: **206-218-7352**

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