

PREMIER DENTAL AND ORAL HEALTH GROUP, P.C.

RONALD E. MASSIE, D.D.S., F.A.G.D.

POST OPERATIVE INSTRUCTIONS FOR PERIODONTAL SURGERY-GENERAL INSTRUCTIONS

For the first 12 hours after surgery you should be as inactive as possible. Use this day to care for your mouth and follow these instructions carefully.

- Your diet for the first 24 hours should be liquid and soft foods. Care should be taken to avoid chewing around the area of the wound.
- You may gently rinse your mouth in the first 24 hours with water. After 24 hours you may **GENTLY** rinse your mouth with warm salt water. Use one level teaspoonful of salt to a full cup of water.
- Avoid brushing around the area of the wound so as to not injure the wound. Good oral care of the rest of your mouth is important to help protect the wound from infection. You may have a dressing over the wound that is either pink or a slight purple/black in color. Do all that you can to protect this and keep it in place for a minimum of 4 days but ideally until your next appointment.
- **AVOID:**
 - Carbonated beverages and alcohol.
 - “Hot” liquids
 - Biting anything in the site of the wound for the first week.
 - Lifting your lips or cheeks to view the wound as this stretches the tissue and will affect healing.
 - Using any mouth washes that contain alcohol.
 - Acidic foods and beverages that can be irritating to the wound.
 - Teeth Whitening for one week.
- **DO NOT SMOKE FOR 24-48 HOURS.**
- Care of and hygiene of the wound should begin in 24 hours after your surgery. Brushing of this area is with a cotton swab dipped into the antibiotic mouth rinse and painted around the area. This should be around the wound and one or two teeth on both sides of the wound.
- Take pain medication and/or antibiotics as prescribed. Follow instructions for all medications accurately. Your failure to do so could compromise your care and healing.
- Apply ice to the surgical area (20min.) 4-5 times/day for the first 24 hours. After 24 hours warm moist packs may be applied to help speed healing.
- Return to the clinic as requested. If you have complications, please call the clinic to contact the Doctor.

YOU MAY EXPERIENCE:

- **PAIN**

In the event you have some pain and the medicine prescribed for you does not give you relief, please contact the clinic to let the Doctor know.

- **SWELLING/BRUISING**

This may be from a number of causes but is usually a natural reaction of the body to surgery on the oral cavity. If the swelling is extensive, accompanied by pain or continues to increase after the second day, please contact the clinic to let the Doctor know.

- **BLEEDING**

Often there is a slight oozing of blood which when mixed with saliva may appear to be excessive bleeding. Excessive bleeding is usually associated with large clots or very dark red saliva. If you have excessive bleeding, please contact our office.

- **STIFFNESS**

This, like the swelling, is a natural reaction of your body to surgery. You can help overcome stiffness by opening your mouth very wide several times a day and applying moist heat to your jaw muscles.

- **NUMBNESS**

You may notice a persisting numb sensation following surgery of oral cavity. It is usually temporary in nature, and a normal feeling will return. However, if it persists, it is important that this is reported to the Doctor as soon as possible.

Signs of infection may include the following and must be reported to the doctor:

- **A FEVER ABOVE 101 DEGREES F.**
- **PERSISTENT PAIN NOT RELIEVED BY PAIN MEDICATION.**

Allergic or abnormal reactions to the medication used are very rare. However, make sure you call the office if you feel something is not right. If you are unable to perform any of these procedures so as to have the best possible and predictable success of your surgery, please make us aware of this. The office phone number is 573-365-0220.

REMEMBER THAT YOU HAVE JUST HAD SURGERY. BE KIND TO YOURSELF AS THE WAY YOU TREAT YOURSELF WILL HAVE A MAJOR INFLUENCE ON HOW WELL AND HOW FAST YOU HEAL!

YOUR NEXT APPOINTMENT IS: _____/_____/_____@_____:_____.