



# Tyler Periodontics & Dental Implants

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## POST-OP SURGERY INSTRUCTIONS

### SWELLING

You may apply ice packs to the side of the face that was treated. These packs should be applied in this sequence: 15mins on, 15mins off, as needed. Use this procedure only on the first day of surgery. If swelling occurs after the first day, use moist heat applications (i.e., towel, washcloth, or heating pad). Frequent warm salt-water rinses may also be used after the first day of surgery.

### BLEEDING

Following surgery, there may be traces of blood in the saliva, which is normal. However, if bleeding persists, locate the origin of the bleeding. Using damp gauze or a damp tea bag, apply firm pressure for 10-15 minutes. "Liver Clots" or large, dark purple clots/blisters may develop and cause continuous oozing. Gently dislodge the clot with moist gauze, and then apply firm pressure to the area for 10-15 minutes. If the bleeding continues, contact Dr. Temple or Dr. Kennedy.

### BRUISING

Following surgery, extra-oral bruising is a normal, though infrequent occurrence. Bruising may also occur in the mouth in the area of surgery. Bruising often develops with swelling and/or bleeding after surgery, though it may take 2-3 days for a bruise to develop. Do not be alarmed by bruising of the face, neck, or extending up to the eye area after periodontal surgery. If you are concerned about bruising, please contact our office to speak with our nurse.

### ORABASE - TOPICAL NUMBING PASTE - SOFT TISSUE GRAFTS

Gently apply topical numbing paste (provided in tube) to the roof of the mouth or internal aspect of the stint, as needed, for soreness, starting on the day after surgery.

### EXTRACTION

Moistened gauze will be placed into the extraction socket and it should remain in place for 30-60 minutes after procedure. If significant bleeding continues after 6 hours, contact our office. A dry socket can be a complication of an extraction; this consists of pain radiating from the extraction site up to the ear of the infected side. If this occurs, contact the office because the socket will need to be packed.

### PRESCRIPTIONS

You may have some discomfort following the procedure. We recommend you take **Ibuprofen and Tylenol combined every 6 hours for the first 3 days to control pain**. Antibiotics are occasionally prescribed and should be taken as directed. Many surgeries do not require antibiotics. Call the office if you have any adverse reactions or questions regarding your medications to speak with the nurse.

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|--|---|---|
| <input type="checkbox"/> Chlorhexidine Gluconate Rinse | <input type="checkbox"/> Ibuprofen 400mg                    | <input type="checkbox"/> StellaLife Oral Rinse    |
| <input type="checkbox"/> Medrol Dosepak (Steroid)      | <input type="checkbox"/> Tylenol Extra Strength 500mg (OTC) | <input type="checkbox"/> Doxycycline (Antibiotic) |
| <input type="checkbox"/> Amoxicillin (Antibiotic)      | <input type="checkbox"/> Metronidazole (Antibiotic)         | <input type="checkbox"/> Other: _____             |

### ACTIVITY

We suggest that you reduce physical activity immediately following your surgery and for 3-5 days following surgery. You may have brief periods of weakness, which are not unusual following a surgical procedure. If these periods persist or if your temperature exceeds 101°, contact our office. You may resume your normal routine 3-5 days after surgery, depending on how you feel. Occasionally, some patients require additional healing time before they can safely resume normal activities.

### IV, IM, OR ORAL SEDATION

**DO NOT DRIVE or operate any hazardous machinery or undertake any business matters for the remainder of the day after sedation.** Rise slowly from seated or reclined positions to prevent the possibility of fainting, which may result in injury.

## DIET

### **NO STRAWS FOR 2-3 DAYS. DO NOT CHEW ON THE SURGERY SITE FOR 2 WEEKS.**

Proper nutrition and adequate intake of fluids are essential to wound healing. If you are not on a medically restricted diet, we recommend you increase your total daily calorie intake to 2,000-2,500 calories for 3-5 days after surgery. The following foods are examples: Carnation Instant Breakfast, soft fruits (peaches, bananas, etc.), potatoes, Jell-O, yogurt, pasta, milkshakes, casseroles, eggs, fish, cottage cheese, soft cooked meats, Ensure shakes, soups, puddings, rice, apple sauce, oatmeal, potatoes, etc. Some procedures require a liquid diet for 10 days. The liquid diet should consist of 2,000-3,000 calories per day.

## BANDAGE - PERIO DRESSING

The bandage should stay in place until the next appointment. However, the dressing may loosen or even fall off before your post-op visit. If this occurs, discard the dressing and **DO NOT ATTEMPT TO REAPPLY**. This is **NOT** an emergency, so you may call the office during normal business hours to speak with the nurse.

## PLASTIC STINT (MOUTHPIECE)

Wear the plastic stint (mouthpiece) immediately following the procedure - do not remove the stint until the morning after your procedure. After the first day, remove the stint and rinse your mouth with warm water. You may begin brushing and flossing your teeth away from the area of surgery on the day after surgery; do not attempt to brush or floss in the area of surgery. The stint should be worn while eating and sleeping for one week after surgery. Some patients wear the stint throughout the day, as well, if needed, or to apply Orabase to the roof of the mouth.

## HOME CARE

**DO NOT BRUSH, FLOSS, OR WATERPIK IN THE AREA OF SURGERY FOR 2 WEEKS.** All other areas should be treated normally with brushing and flossing. Use the prescribed mouth rinse to keep the surgery area clean. The mouth rinse should be used 2 times per day - morning and night. You will receive an ultra soft post-op toothbrush at your post-op visit. We will instruct you on cleaning the surgery site at your post-op visit.

## ADDITIONAL INSTRUCTIONS:

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