

## **PERIODONTICS OF GREENVILLE**

**One Charis Drive**

**Greenville, SC 29615**

**864-271-4330 or 1-800-868-5148**

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### **POST OPERATIVE INSTRUCTIONS**

1. DO NOT rinse today, ie..heavy swishing! DO NOT use straws! We do suggest you enjoy a milk shake or ice cream with a spoon as soon after your surgery visit as possible.
2. DO NOT brush the SURGICAL area until told otherwise. It is important to keep your mouth CLEAN. Starting the day AFTER treatment, rinse as often as possible with an 8-ounce glassful of warm water containing ½ teaspoon of salt. Patients, who have been given a prescription for PERIDEX mouth rinse, please use as directed and can start the day AFTER surgery. Use rinse until told otherwise.
3. DO NOT attempt to drive or operate machinery the same day after having I.V. sedation or oral valium.
4. AVOID extremely HOT FOOD AND DRINK for the first 24-48 hours as extreme heat may cause bleeding. This is no time to lose weight. You may eat nutritious foods in order to heal properly, just be careful not to chew or bite into anything in the treated area. See that your diet has soft, high protein foods; such as eggs, baked fish, ground beef, etc. Avoid: hard, sharp, spicy or salty foods.
5. DO NOT SMOKE.
6. IF a DRESSING has been placed over the treated areas, it is for your protection and comfort. Leave it in place. Do not be concerned if pieces should come off unless it causes added discomfort. Do not attempt to replace dressing. If discomfort continues please call the office.
7. First day apply ICE PACK to face for 20 minutes on, 20 minutes off, until bedtime. Sleep elevated for the first (2) two to (3) three nights. Do not lie flat. After two days warm moist heat if swelling continues.
8. If a medication for pain has been prescribed, please EAT FIRST and take one when you arrive home after your surgery and continue as directed based on the degree of discomfort you have, if any.
9. Wilckodontics, large bone graft and sinus lift patients: Nonsteroidal anti-inflammatory drugs (NSAIDS) which include Aspirin, Ibuprofen and Naproxen should not be taken any longer than 2 weeks from the date of surgery.
10. If an ANTIBIOTIC to prevent infection has been prescribed, please EAT FIRST and remember that you must take ALL of these capsules as directed. If nausea or unfavorable reaction should occur, please notify me at once.
11. If BLEEDING occurs, DO NOT RINSE! Moisten a gauze pad or tea bag with warm water. Place it over the area and hold for 10 minutes. Repeat if necessary. Some slight bleeding will be experienced for the first 24 hours.
12. For 2 to 5 days moderate swelling/ bruising IS to be expected. If swelling causes discomfort, use hot, wet soaks after the second day if there is no bleeding present.
13. DO NOT use electric toothbrushes until advised by the doctor.
14. DO NOT use any mouth rinses unless prescribed. Ie..Listerine
15. Contact me immediately if:
  - a) Excessive bleeding occurs
  - b) Severe pain is present
  - c) Marked swelling occurs
  - d) High grade temperature
16. The doctors can be contacted at the numbers listed at the top of this instruction sheet.