

Hines & Tull Periodontics  
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### **Post-Operative Instructions**

These instructions apply to the surgical procedure just completed. They are designed to instruct you in procedures that will minimize post-surgical discomfort and inform you of situations that may possibly require special attention.

**Surgical Dressing (Bandage):** A dressing may be placed over the surgical site and will take several minutes to harden. **Do Not** place your tongue against the dressing and push. This may dislodge and loosen the bandage. If several days go by, should the dressing come loose or pieces come off, do not become concerned. Healing will progress normally. For your comfort after a grafting procedure, you may apply Orabase with Benzocaine or use Chloroseptic mouth rinse with a numbing effect.

Discomfort: Some soreness or discomfort may develop when the anesthetic wears off. If medication has been prescribed, the first dose should be taken as soon as possible, before the local anesthetic wears off. Please use this medication only if needed for the control of discomfort. **You should not drive a car or operate dangerous equipment while taking pain medication prescribed!** In many instances, if no medication has been prescribed, the following meds may be sufficient to relieve discomfort: Two Extra Strength Tylenol/4X/day Two, Three Advil (Motrin, Ibuprofen)/4X/day, One Aleve/3X/day.

Remember prescribed medication can cause **drowsiness** and if you sit up too quickly or stand up to go the bathroom take time before rising. It is wise to have someone help you if you feel weak or like fainting. Preventing an injury by this side effect is of utmost importance.

**Bleeding:** Some bleeding is expected. A small amount of bleeding is all that is necessary to discolor your saliva. **Do Not** be alarmed, this is normal! Vigorous rinsing of the mouth or Spitting following the surgical procedure prolongs the bleeding by removing the clotting blood, so avoid this practice if bleeding is noted. **Do Not use Straws or Smoke following the surgical procedure as this causes suction and more bleeding.** Pressure is the most effective way to control bleeding. Either biting or finger pressure on a clean face cloth wet with cold water or gauze for at least 20 to 30 minutes is necessary for control. Cold helps stop bleeding. Wet the cloth or gauze in ice cold water. A last resort is a small tea bag initially wet with warm water then back to cold and placed on the side of the bleeding. It's not sweet and quite bitter to taste! If bleeding is excessive or continues for a long period of time, please do not hesitate to contact me.

**Mouth Care:** Minor swelling may follow your surgical procedure. To prevent or minimize swelling, it is advisable to place an ice pack over the area, 20 minutes on and 20 minutes off, for the next 2-3 hours. You can place ice cubes in a face cloth and lightly wet if an ice pack is not available. The utilization of a cold compress is only effective if used early after the surgical procedure. Starting 24 hours after the surgery, light rinsing of the mouth (2 X/day) with warm salt water (1/2 to 1 teaspoonful/ 4 oz. glass of warm water) is recommended. **Do Not brush the surgical site.** You can brush the tops of the teeth in the surgical site or gently swab Q-tips dipped in Peroxyl antiseptic 2X daily morning/night over the teeth or wound surface to control plaque.

**Diet:** Adequate nutrition is essential for normal healing. It is best to restrict your diet to fluids or very soft food during the first few days. Diets rich in protein and vitamins are desirable. In the morning, Instant Breakfast drinks are preferable or soft foods that are not firm. If only one side of the mouth had surgery, use the opposite side for chewing. If your front teeth had surgery, cut your food up into small pieces and chew with your back teeth.

In the case of **uncontrollable bleeding, advanced abnormal swelling, or abnormally high temperature, please phone our office.** Please identify yourself and relate the problem even if a message has to be left! We will return your call as soon as possible.