



MIKE WILLIAMSON
DDS | MS

POST-OP INSTRUCTIONS

1. DISCOMFORT The average patient experiences mild to moderate discomfort after surgery. You will be given a prescription for medication to alleviate this discomfort. Take one of the pain medications **BEFORE** the anesthetic wears off with milk or juice. Do not drive an automobile or work near dangerous machinery for 12 hours after taking tablets prescribed for discomfort. If for any reason the discomfort persists, don't hesitate to call the office. **In addition to your pain medication, you can take 400mg of ibuprofen (Motrin or Advil) every 3 hours for three days beginning immediately after surgery unless you have been instructed by your physician or Dr. Williamson to not take ibuprofen.**

2. SWELLING It is not unusual to have some swelling and/or discomfort in the surgical area. An ice pack will be of great benefit. This should be applied to the face as soon as possible after the surgical procedure. It should be held to the face for 20 minutes, and then removed for 20 minutes. This procedure should be repeated for the next several hours. Swelling should be its worst at 48-72 hours and then should begin to improve. If swelling seems excessive and doesn't improve after 48-72 hours, or you begin running a fever, please call the office.

3. BLEEDING Don't be concerned if you notice traces of blood in your saliva for 24-48 hours after your procedure has been completed. This is normal and not a cause for action. It may last for 24 - 48 hours. If you discover moderate to heavy bleeding at the surgical site, moisten a tea bag with cold water and apply **very firm** pressure directly over the bleeding area for 20 minutes. Be sure to keep the tea bag moist at all times. If this does not stop the bleeding within one hour or bleeding seems excessive, please call the office. If you are wearing a palatal retainer following gingival grafting and you notice excessive bleeding from the roof of your mouth, remove the retainer and gently clean off any blood clots on the roof of your mouth. Lie down with your head slightly elevated and use the tea bag as described above. Once the bleeding has stopped, replace the retainer and do not remove for 24 hours. If the bleeding persists, please call the office.

4. CARE OF MOUTH You may be given a prescription for a medicated mouth rinse, chlorhexidine. Start rinsing with the mouth rinse twice a day beginning the day after the procedure. Begin flossing and brushing areas not involved in the procedure the day after the periodontal work. You may also brush the tops of the teeth in the area where the procedure was performed, but try not to disturb the sutures in this area. Avoid the use of straws, peroxide, alcohol, carbonated beverages, and smoking for at least 24 hours. Brushing and flossing instructions for the areas worked on will be given to you at your first post-operative visit.

5. GAUZE Gauze may be placed in your mouth after your surgery. The gauze should be removed 30 minutes after leaving the office.

6. NUTRITION Adequate nutrition is essential for normal healing. During the first 24 hours, your diet should be restricted to liquids and soft foods that are room temperature or cooler and which are easily chewed and swallowed. Dietary supplements such as Instant Breakfast, Ensure or Nutrament are a good source of nutrition. A multi-vitamin such as Centrum is also good. After the first day, you can eat whatever you are comfortable with but try to not skip meals. If you take nourishment regularly and keep your fluid level up, you will feel better, gain strength, have less discomfort and heal faster.

7. ACTIVITY Please go home and **REST** the day of surgery. It would be preferable for you to have 24 hour supervision and a "light day" the first day after surgery. Refrain from heavy exercise or strenuous activity for 48 hours.

8. SENSITIVITY OF THE TEETH Your teeth may be sensitive to hot, cold and possibly to sweets following your periodontal procedure. This sensitivity will diminish and should be significantly reduced in a month or two after the surgery provided good oral hygiene is maintained.

9. NAUSEA It is not uncommon to experience nausea following periodontal surgery. The cause of the irritation is usually either the pain medication or the blood that was swallowed during the procedure. Nausea as a result of blood should be of short duration. Nausea associated with the pain medication may be experienced following each dosage taken. If the nausea is related to the pain medication, make sure that you have something on your stomach prior to medicating or stop taking the pain medication and try to alleviate the discomfort with over-the-counter medications. If you are in need of pain medication but are unable to take your prescribed medication, call Dr. Williamson and he will try to prescribe an alternative medication for you.

10. STENT A retainer may be placed over the roof of your mouth following gingival grafting procedures. The retainer should not be removed, except for excessive bleeding for the first 24 hours. After 24 hours, the retainer should be removed and cleaned with a toothbrush. At this point, the surgical stent is for your comfort and should be worn at your discretion. Place the retainer in a zip-lock baggie with water when not wearing it to reduce any distortion.

11. SUTURES Most of the sutures Dr. Williamson uses will dissolve in 3-7 days. If after 3 days a suture is hanging down or has become a long string in your mouth, you may carefully cut the part that is hanging down or bothering you. Do not cut any intact sutures that have not come loose.