



## Periodontal Post-Operative Instructions

The most common adverse reactions after surgery are: **pain**, **swelling**, and **bleeding**. Most often these are mild and resolve after 24-72 hours. If your symptoms are exceedingly severe or persist for a long time, please contact your surgeon.

**Pain:** If needed, you may take over the counter pain tablets (normal headache remedies) as directed on the label to relieve discomfort. If severe pain is anticipated, your surgeon will prescribe a prescription pain reliever for you. Please take these tablets as directed. **IF YOU TAKE ANY OPIOID PRESCRIPTION PAIN MEDICINE, DO NOT DRIVE AN AUTOMOBILE, OPERATE HEAVY MACHINERY, MAKE LEGAL DECISIONS OR CARE FOR MINOR CHILDREN.** To prevent traumatizing the surgical site, avoid eating in that area and/or grinding your teeth on that side. These increased pressures can cause pain or damage the surgical area.

**Swelling:** When surgery is extensive, some swelling may be expected. Cold packs may be held on the external facial area nearest the surgery site during the first 24 hours after surgery in order to inhibit swelling. Apply the cold pack for 20 minutes and then remove the cold for 20 minutes. Repeat this application as often as possible. After the initial 24 hours, heat may be applied to the area, if needed for comfort, but you can also continue using the cold pack.

**Bleeding:** Some oozing of blood from the surgical site is normal after any surgery. A small amount of blood mixed with saliva will appear red or pink in your sink basin. If you have significant bleeding, a piece of gauze or a tea bag may be moistened in cold water and squeezed to dampness and applied to the surgical area with pressure for 30 minutes. This gauze should be replaced every 30 minutes. When no blood is present on the gauze, you may cease applying pressure.

**Medications:** In addition to pain medication, your doctor may prescribe antibiotics and/or a mouth rinse for you. Please begin the antibiotics and pain medicine immediately after surgery and take the antibiotics to completion. During the first 24 hours following surgery, do not rinse your mouth.

**Diet:** Maintain a well balanced diet. Do not chew on the surgical site. Avoid hard foods that are difficult to chew and those that are very hot or very cold. Highly seasoned foods, fruit juice and alcoholic beverages also can irritate the surgical site and should be avoided.

**Surgical Hygiene:** 24 hours after the surgery, you may begin using the antimicrobial mouth rinse prescribed for you as well as warm salt water rinses. These mouth rinses will gently dislodge food particles and decrease the bacteria in your mouth. Flossing or the use of a waterpik in the area should be avoided. If a dressing has been placed, do not disturb the dressing. You may use a cotton swab to clean the surgical site and may resume brushing all non-treated areas 24 hours after surgery.

**Sutures:** If you have sutures that have to be removed, your doctor will schedule a follow-up visit in order to remove them. Normally sutures are removed 5-14 days after surgery. Do not attempt to remove your own sutures.

**Home Care:** Avoid any activity that causes suction in your mouth for 24 hours after surgery. Do not rinse, vigorously spit, suck through a straw, or smoke cigarettes/cigars/Vapes. Any kind of suction in your mouth can increase bleeding and may dislodge graft material. If you have had an extraction, suction may dislodge the blood clot and cause a dry socket, which is very painful. If you wear a denture, we ask that you leave it out until your sutures are removed or your surgeon tells you that you are healed enough to wear it. This will minimize pressure on the surgical site and prevent implant failure.

**If you develop a fever, uncontrolled bleeding, rash, or numbness, or if you have pain in your jaw or sinuses that is unrelieved by your pain medication please call our office or the emergency number below:**

**DR. MATIN OR DR. GUZMAN PATIENTS: (334) 444-0571  
DR. WHITE PATIENTS: (334) 434-3477**

**IF YOU ARE UNABLE TO REACH YOUR DOCTOR AND IT IS AN EMERGENCY,  
PLEASE GO TO THE NEAREST EMERGENCY ROOM.**



## **Additional Post-Operative Instructions**

### **Extraction with socket conversion OR Osseous Regeneration:**

- Do not irrigate or disturb your surgery site, vigorously spit, suck through a straw, or smoke cigarettes/cigars for 2 weeks. Any kind of suction in your mouth can increase your chances of bleeding and may dislodge graft material.
- During the first few days of your healing, you may notice a few bone particles from your graft floating in your mouth or on your tongue. This is normal, it will feel and appear like un-cooked grits. Also, if you had a collagen plug placed on top of your extraction site, it is normal for this material to dislodge during the first 1-3 days.

### **Implant placement:**

- Avoid chewing on new implant site for 2 weeks, this is the most crucial healing period for your implant and chewing on top of the implant may result in implant failure.
- If you feel loosening of your healing abutment/implant at any point during your healing, please contact our office immediately to schedule an appointment.
- If you are still experiencing numbness at or around your surgery site after 24 hours, contact our office as soon as possible. This could be a symptom of permanent nerve damage.
- If you had a temporary crown placed on top of your implant the day of placement, do NOT chew with, bite with, or apply pressure to crown. Doing so may result in implant failure.

### **Localized or Lateral Window Sinus Lift:**

#### **Medication protocol after sinus lift:**

- Claritin D or Mucinex D should be taken for 5 days post procedure. Follow instructions as recommended on the package.
- Afrin nasal spray to be used for 3 days maximum post procedure. Follow directions as listed on the box.
- Avoid blowing your nose for 2 weeks post op, or until you are cleared to do so by your surgeon. Blowing your nose can cause a pressure increase, resulting in a bleed.
- Avoid bending over head first, or standing up too quickly. This can cause a change in blood pressure which can result in a nose bleed or bleeding at the surgery site.
- Try to avoid sneezing if possible. If you feel the urge to sneeze, try to sneeze with your mouth open.
- If you experience a nose bleed post-op, this is normal. Pinch your nose and blot blood away until bleeding subsides.
- If you develop a black eye or bruising of the eye/cheek after your procedure, do not let this alarm you as it is normal.
- If you wear a CPAP, it is advised that you do not wear it for 2 weeks post procedure unless you have been cleared to do so by your surgeon or primary care doctor. Use of your CPAP can increase oxygen flow in your sinuses resulting in a nose bleed.

### **Free Gingival Graft OR Connective Tissue Graft:**

- Do not at any time during the first 2 weeks of healing pull your lip to look at the graft site. Pulling of the lip can loosen sutures or dislodge graft resulting in improper healing.
- During the first 2-4 weeks of healing your graft will appear white in color, this is normal as your body is still healing and blood vessels have not completely formed in grafting material.
- You will notice the top layer of your graft will slough off or peel during the first two weeks, this is normal as it should not alarm you.
- If you were provided with a palatal stent to wear post procedure, wearing your stent as much as possible will provide optimal comfort and protection of grafting harvest site while healing. You can eat and drink with your stent in to provide protection and avoid irritation to site.
- You will be provided with small tube of compound numbing gel to use post procedure. This gel is to be used inside palatal stent on the side your graft was harvested from to numb site and provide temporary pain relief. When applying gel to the inside of your tray, you should apply an amount the size of a grain of rice. The amount of gel supplied to you should last you until your two week follow up, and can be used as needed for pain.
- If you experience a palatal bleed, use sterile gauze provided to you post-op and apply **firm** pressure for 5 minutes at a time until bleeding subsides.