

Post-operative Instructions for following periodontal surgery

Things to do:

REST: Plan to have the day off work or not return to the office after your procedure. Return home after your surgery, in most cases patients are able to return after 48 hours. **It is not advisable to perform any strenuous activities for a period of 5 days**

SLEEP: For the first night, sleep with your head elevated and protect your pillow with an old towel.

ICE: To manage inflammation, wrap a towel around an ice pack/frozen vegetables and apply the pack to the face near the surgical site, alternating 15 minutes on, 15 minutes off for a maximum of two hours after the surgery. Ice should be applied as soon as possible to prevent inflammation from occurring and to promote blood clotting.

MEDICATION: Immediately following the procedure, begin taking your medication as prescribed by Dr. Bouclin to minimize discomfort when the anesthesia wears off. Take the medication as directed for **pain and inflammation** for at least **72 hours**. If these medications make you sick, give you redness of the skin or itchiness, contact Dr. Bouclin immediately as it may be an allergic reaction. If antibiotics are prescribed, be sure to take as directed, until all medication is finished. If you have been prescribed amoxicillin and your pharmacist allows, please take Extra Strength Zantac as directed for the course of the antibiotics to avoid stomach issues.

Pain Management: Take 600mg of Ibuprofen (Advil) and if needed, you can alternate 1000mg Acetaminophen (Tylenol) every 6 hours for 24 hours. If after 24 hours, you are not out of pain, please repeat the dose for another 24 hours. If you still have pain after 2 days, having followed this course of action, please call our office.

TOOTH BRUSHING AND RINSING: For the first 48 hours, brush and floss teeth normally with clear water (no toothpaste) to allow clot formation, **avoiding the surgical area(s)**. After 48 hours, you can rinse (with the prescribed mouthwash) and brush with toothpaste, avoiding the surgical area(s). Rinsing should be done twice a day (morning and night). Warm water and salt may be used after meals if desired. **Avoid brushing the surgical area for a period of 2 weeks. If you are having a connective tissue graft, please avoid the surgical site for 4 weeks.**

EATING: You should stick to a soft diet of nutritious foods for the first week following surgery, to promote better healing. **Foods to avoid:** spicy foods, acidic foods and drinks, hard or crunchy foods (nuts, popcorn, and granola) as well as hot liquids (soup, coffee/tea). Try to chew on the opposite side of the surgical site(s). Drink lots of water. **Do not use a straw when drinking, as suction may cause bleeding also avoid spitting for one week** . Add solid foods back into your diet as soon as they are comfortable to chew.

TOBACCO, ALCOHOL, and GUM: Avoid smoking, chewing tobacco, chewing gum and drinking alcohol during the healing process (approximately 14 days following surgery). **The use of alcohol when taking prescription drugs such as pain medication and antibiotics can cause potentially lethal interactions.**

For patients having grafts only.

For patients having grafts only. SURGICAL STENT: For the first 5 days after your surgery keep the surgical stent in place at all times. After which, you may remove it. We suggest that you wear the stent thereafter for eating until the palate is no longer sensitive. **If the graft donor site (palate) begins to bleed, replace the surgical stent and keep it in place for an extra day or two.**

Things to expect:

SWELLING/BRUISING: Most discomfort is caused by inflammation. This is a normal part of the healing process which will cause you to experience aching or throbbing. Bruising may also occur, especially if you are a person that bruises easily due to the nature of the surgery.

DISCOMFORT: Most discomfort will occur a few hours after the sensation returns to your mouth and may increase over the next 3 days following surgery. It should subside afterwards, especially if you follow these instructions and take the prescribed medication.

BLEEDING: There may be residual bleeding for the first 24-48 hours following surgery. Should you experience a hemorrhage or bleeding that does not stop, apply direct pressure with a gauze or moist teabag for 30-60 minutes in an upright position (i.e.: sitting in a chair). If bleeding persists, contact Dr. Bouclin.

SUTURES: In most cases, sutures are dissolvable and will dissolve after 1-1 ½ weeks following your surgery. If non-dissolvable sutures are placed they will be removed 14 days after surgery. At times a periodontal dressing (bandage) may be placed to protect the surgical site during the healing phase. Dental glue can be placed in the surgical area; this glue becomes solid and will disintegrate/flake off after a few days.

For patients having grafts only.

For free gingival grafts (FGG)

Absorbable sutures are used. Do not force the removal of stitches. If they become uncomfortable please call the office for instructions. A dental adhesive and a wax are placed in the surgical area. The adhesive solidifies and flakes off after a few days. This area may turn white in appearance. Do not remove the adhesive. If it becomes uncomfortable please call the office for instructions.

For connective tissue graft (CTG) for root coverage: Non dissolvable sutures are utilized and will have to be removed 4 weeks after the surgery.

For dental implants:

There is a possibility that the healing cap over the implant comes off during the 4 month healing period...simply call our office to have it replaced...it is not an emergency

Please Contact Dr. Bouclin if:

1. Bleeding is excessive and cannot be controlled
2. Discomfort cannot be alleviated using the aforementioned instructions.
3. Swelling is excessive, spreading, or continuing to enlarge after 48 hours.
4. Allergic reactions to medications occur which are causing a generalized rash/irritation.

Emergency contacts:

613-792-4658 (business) 613-612-0507(Cellular phone) 613-761-1054 (Home)

Following Appointments:

- A 2 to 6 week post-operative appointment is necessary to evaluate primary healing.
- Dr. Bouclin may also advise subsequent evaluations for final healing. If necessary it will be scheduled at your first post-operative appointment; it is vital that our office continues to monitor your periodontal health during this period.

Space to record questions or notes for your post-operative appointment:
