

POST-OPERATIVE INSTRUCTIONS AFTER BIOPSY/GINGIVECTOMY

1. **Pain medications:** Ketorolac (If permitted by your family medical doctor): 10mg every 6 hours for 3 days (continue after 3 days if needed) and supplement with Tylenol (extra strength): up to 2 tabs of 500 mg (total of 1000 mg per dose) – every 6 hours along with the Ketorolac

Daily maximum dosages: **Ketorolac= 40mg per day; Tylenol= 4000mg per day.**

If the pain continues to increase after 5 days, call us. If steroids or narcotics have also been prescribed, please follow instructions written on bottle.

2. **Antibiotics:** Be sure to take the prescribed antibiotics as directed to help prevent infection.
3. **Anesthetics:** While your mouth is numb, be careful not to bite your tongue, cheek or lip. The numbness should only last a few hours.
4. **Bleeding:** Slight bleeding may last several hours. Some bleeding or redness in the saliva is normal for 24 to 48 hours after the surgery. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a moistened gauze pad or a damp tea bag placed directly on the bleeding wound for 30 minutes. Avoid removing the pressure prematurely to verify if the bleeding has stopped during the first 30 minutes. Keep your head elevated. Remain calm. Avoid suctioning or spitting. If the bleeding persists after the first 30 minutes of pressure, repeat these instructions and contact us.
5. **Swelling:** Some swelling and bruising is a normal occurrence after surgery. It normally peaks at day 3 after the surgery. To minimize swelling, apply an ice bag on the cheek in the area of surgery. Apply the ice on the outside of the face for 20 minutes on and 20 minutes off and repeat as much as possible for the first 48 hours. After 48 hours, a hot cloth can be applied to help decrease the swelling. If the swelling continues to increase after 72 hours, contact us.
6. **Diet/Alcohol/Smoking:** Do not consume hot liquids/food for the first 48 hours.
 - Do NOT eat anything until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause damage.
 - A soft diet (avoid hard and crispy food such as nuts, chips, firm bread, uncooked vegetables, etc.) is recommended for **14** days following the surgery ****Avoid eating on the treated side****
 - Alcohol thins the blood and may cause extra bleeding. It should be avoided for the first week after surgery.
 - Avoid using a straw for 2 weeks - this creates suction in the mouth that could dislodge the blood clot.
 - Smoking may affect the healing process and should be avoided or reduced as much as possible during the first 2 weeks.
7. **Surgical Site:**
 - DO NOT touch the surgical site for the first **2 weeks**; you might dislodge the healing tissue and compromise the success of the procedure.
 - DO NOT pull your lip away or out to view the surgical site.
 - DO NOT put your tongue on the stitches.
 - Avoid sleeping/laying down on the side of the affected area.

- It is normal for the surgical area to undergo changes during the first couple of weeks. The tissue will appear white and filmy, (Scabs are white in the wet oral environment) then it will turn pink. This is normal healing.

8. Oral Hygiene:

- Brush your teeth normally, ensuring to carefully avoid the surgery site.
- You may be given a rinse to use. Be sure to take the prescribed rinse as directed to help prevent infection. ****Do not rinse forcefully; soak the area****
- After the first post-operative day, use a warm saltwater rinse following meals for the first week to flush out particles of food and debris that may lodge in the surgical area. (Mix ½ teaspoon of salt in a glass of warm water. Mouthwash can be added for better taste.)
- Electronic Toothbrushes and Water Picks: DO NOT use for at least 6 weeks following surgery.

9. Sutures: The non-resorbable sutures will have to be removed 1-month post-surgery. **Some may be resorbable (self-dissolving) and will go away on their own during the first 1-2 weeks after the intervention.**

****You will be advised which type of suture has been used****

10. Periodontal dressing: A dressing (Band-Aid) may be covering the surgical site in order to protect the wound from the tongue or food, which may cause discomfort. The healing will not be impaired if the dressing is lost prematurely. To allow the dressing to be maintained as long as possible, avoid eating on its side or touching it with your tongue.

11. Activity: For the first 48 hours, avoid physical activity that increase heartbeat (jogging, bike, swimming, yoga) and avoid heavy lifting.

**Dr. Robert Bouclin & Dr. Charles Tremblay
308-1335 Carling Avenue
Ottawa, ON K1Z 8N8**