



## Periodontal surgery postoperative instructions

- 1. Discomfort and medications:** Periodontal surgery, like other surgical procedures, can be associated with varying degrees of discomfort. If you received a prescription for pain, take the medication as directed. It is usually best to take the first dose while the surgical site is still anesthetized (numb). If you received a prescription for antibiotics take as directed until the medication is gone, unless directed otherwise by Dr. Reznikov. **Women:** Antibiotics will make oral contraceptive less effective and it is recommended that another form of birth control is utilized during this time. With prescribed pain medication, **DO NOT:** Drink alcoholic beverages; take over-the-counter medications, unless cleared by your doctor; operate heavy machinery or drive.
- 2. Sutures and dressing:** If Dr. Reznikov placed sutures (stitches), they will usually have to be removed 7-14 days after the surgery. The surgical dressing (packing) is placed to protect the area and to allow for more comfortable eating. Let the dressing harden for 3-4 hours before eating anything **warm or cold**. Occasionally, small pieces, or the entire packing may break off in the days following surgery. (Do not replace dressing if it becomes dislodged.) If this happens and your mouth feels comfortable, **it** is perfectly safe to wait until your next appointment to see Dr. Reznikov. If the area becomes painful, or if becomes more difficult to eat, without the dressing in place, please call the office.
- 3. Mouth care:** An ice pack should be applied outside of the face in the area of the surgery, ten minutes on and ten minutes off for the first three hours postoperatively. Continue to brush and floss the teeth, which were **not** involved in the surgery (or covered by periodontal dressing). Do not rinse your mouth the first day as it can promote bleeding. The day following the surgery begin using the antiplaque rinse, if prescribed. If no prescription was given rinse your mouth with warm salt water (1/2 tsp. Of salt to 6 oz. warm water) 3-5 times a day to aid in the healing process.
- 4. Swelling:** Swelling is not unusual following many procedures. It may reach its maximum at the third postoperative day and slowly decrease thereafter. Black and blue marks may appear. Try to avoid sudden movement and bending. Apply moist heat to the swollen area to help the swelling resolve, however heat should **not** be applied until at least 24 hours after the surgery. Any unusual or large swelling should be reported to Dr. Reznikov at once.
- 5. Bleeding:** You may notice slight ooze of blood from the surgical site. This type of minor bleeding for one or two days is not unusual and is not a major problem. If the bleeding is massive or continues for a long period of time, place a gauze pad over the bleeding area and hold firmly for 15 minutes. If the bleeding does not appear to stop, dip a tea bag in a glass of warm water and place it in your mouth over the area from where the bleeding seems to be coming from and hold firmly for 15 minutes. Repeat if necessary. If the bleeding does not stop, call Dr. Reznikov for assistance.
- 6. Nutrition:** Do not eat or drink anything warm or hot for 3 hours after surgery, cold foods and fluids are acceptable during this time. On the day of the surgery, it is best to restrict your diet to fluids or very soft food. For example:

Potatoes	Eggs	Oatmeal	Jello
Soft Fruits/bananas	Pancakes	Pudding	Ice Cream
Applesauce	Soups	Noodles	Beans
Rice	Cottage Cheese	Fish	Ground Beef
Yogurt	Milkshakes	Casseroles	Food Supplements

The diet during the remainder of the first postoperative week should be softer in nature than the normal diet. However, you may eat any food you desire. Avoid hard, chewy, fibrous or spicy foods, i.e. popcorn, fresh garden salads and corn chips. Good nutrition is essential to healing, so be sure to eat well-balance meals during the course of treatment. It is also important to get plenty of fluids this time.

- 7. Exercise:** Avoid strenuous physical activity during your immediate recovery period, usually 2-3 days.
- 8. DO NOT'S:** For the next several day, **DO NOT** spit, smoke, rinse hard, drink through a straw, and create a "sucking" action in your mouth. These actions promote bleeding. Avoid caffeine, alcohol and tobacco, and limit talking during first 24 hours.

**9. IF YOU HAVE ANY QUESTIONS OR REQUIRE ATTENTION DO NOT HESITATE TO CALL DR. REZNIKOV PAGER # (847) 795-9200**