

Instructions for Surgery (before surgery)

These guidelines will help you prepare for and recover from periodontal surgery. While there is no guarantee that any surgery will be totally successful, our entire staff is committed to making your treatment as painless and as effective as possible. Following these instructions will give you the best chance to have the best result.

Preparing for Periodontal Surgery

1. Arrange transportation if being sedated.
2. **NOTHING TO EAT 6 HOURS PRIOR TO SURGERY. YOU MAY DRINK WATER ONLY PRIOR TO SURGERY.**
3. Start prescribed antibiotic **one day before surgery**. On the day of surgery please take antibiotic as follows: Morning appointments are to take antibiotic a couple of hours after surgery. Afternoon are to take antibiotics first thing in the morning. Finish all antibiotics prescribed. No alcohol during antibiotic series.
4. **Start prescribed pain pills one hour before surgery appointment with a piece of dry toast or five to six dry crackers. This is the exception to no food allowed.**
5. **Implant patients are to start using Peridex mouth rinse one week prior to surgery, and continue for 6-8 weeks after surgery. NO BRUSHING ON IMPLANTS !!!!!!!**
6. Wear loose, short sleeve, comfortable clothing for your appointment.
7. Women should not wear lipstick, or makeup, or nail polish.
8. **DON NOT PLAN PHYSICAL ACTIVITY FOR THE DAY OF SURGERY OR THE DAY AFTER. PREPARE TO TAKE OFF WORK.**
9. No smoking 12 hours before surgery and 48 hours after surgery.
10. For 48 hours after surgery no drinking through a straw, spitting and limited talking. You may talk, but keep it to a minimum.
11. Have ice packs available to reduce any swelling that may occur for the day of surgery only.
12. **For 48 hours after surgery you will be on a cold liquid diet only. Items such as ice cream, yogurt, jello, fruit juices, and applesauce are appropriate. Supplement shakes like Ensure, Boost and Slim Fast are also good.**
13. If taking Aspirin, or any form of blood thinner, discontinue 5 days prior.
14. Plan to sleep with your head elevated for the first night following surgery.

IF YOU HAVE ANY QUESTIONS ABOUT THE SURGERY OR YOUR MEDICATIONS. PLEASE WRITE THEM DOWN SO YOU CAN REMEMBER TO ASK THESE QUESTIONS WHEN HE CALLS.

IF YOU HAVE ANY QUESTIONS, CONCERNS, OR AN EMERGENCY, CALL (210) 496-5603 OR 1-800-442-5603. THESE NUMBERS ARE ANSWERED 24 HOURS A DAY.

Instructions for Surgery Patients (after surgery)

Post surgical care

1. Very limited talking first 48 hours after surgery. No drinking through a straw and no spitting
2. Slight bleeding is to be expected for at least the first 12 hours. If heavy persistent bleeding occurs, call for instructions.
3. Take the prescribed pain pill one hour following the surgical procedure as well as one before bedtime.
4. Use ice packs intermittently every 20 minutes for the day of surgery only.
5. A packing is placed around the gums to hold, protect, and comfort the recontoured tissue and sutures. As this dressing requires approximately one hour to set, avoid talking, smoking, eating or drinking hot fluids during this period. Do not rub your face in the surgical area, or “play” with the dressing with your tongue. SMALL PIECES OF THE DRESSING WILL START TO BREAK OFF IN APPROXIMATELY 3-5 DAYS. If there is any discomfort or heavy bleeding after the dressing comes out please call the office.
6. Diet The day of surgery and the day after your diet should consist of milkshakes, ice cream, yogurt, jello, pudding and plenty of cold fluids (diabetics may substitute with sugar-free items, protein enriched shakes, etc.) We recommend you begin your cold diet approximately one hour following surgery. You may begin a warm soft diet on the third day following surgery. Maintain a soft diet for two to four weeks after surgery.
The following are recommendations:
 - a. Eggs in all forms
 - b. Soups, bouillions, chowders and pastas
 - c. Soft meats such as baked fish, canned tuna, salmon, potted meats, and finely ground boiled chicken.
 - d. Soft, pureed vegetables (potatoes, peas, beans, carrots, asparagus, etc)
 - e. Fortified low fat milk, buttermilk, cottage cheese, yogurt
 - f. Unsweetened juices and protein milkshakes

Eat three meals a day and drink at least 6-8 glasses of water a day.

7. Cleaning the mouth. Use only gentle salt water rinses the remainder of the surgery day and ENTIRE WEEK AFTER SURGERY, mix 8oz. of water with 1 tsp of salt. The day of surgery and the day after the rinses should be ice cold. On the third day begin rinsing with hot salt

water rinses (about as hot as a cup of coffee). You should rinse 3-4 times a day. DO NOT BRUSH AREAS WHERE PACKING IS PLACED FOR THE FIRST WEEK FOLLOWING SURGERY.

8. It is common to run a low grade fever for the first day. If this continues or is a high fever please call our office.
9. Patients who take aspirin or other blood thinners daily may resume taking medications immediately following surgery.
10. **IMPLANT PATIENTS.** Continue with Peridex rinses and DO NOT BRUSH IMPLANTS UNTIL INSTRUCTED TO DO SO.
11. Plan to sleep with your head elevated for the first night following surgery.

THE DOCTOR WILL CALL YOU THE DAY OR THE DAY AFTER SURGERY, IF YOU HAVE ANY QUESTIONS ABOUT THE SURGERY OR YOUR MEDICATIONS, PLEASE WRITE THEM DOWN SO YOU CAN REMEMBER TO ASK THESE QUESTIONS WHEN HE CALLS.

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