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Instructions to patients undergoing periodontal surgery

Please read the following instructions carefully. Failure to follow the instructions may result in cancellation of your surgical appointment and a charge placed against your account for the time reserved.

Before your surgery:

1. Do not take any aspirin or aspirin compounds (i.e., Excedrin, Bufferin, Motrin, Advil) for the entire week preceding your surgery.
2. Do not consume alcohol for at least 48 hours preceding your surgery. Aspirin and alcohol increase bleeding both during and after surgery.
3. **If** a pain medication is prescribed to you, it should be taken 1 hour prior to surgery.
4. **If** an antibiotic is prescribed to you, you must check the instructions carefully on the bottle. Depending on the procedure you are scheduled to undergo, the instructions will vary.
5. Be sure to eat well before your procedure. You will not be able to eat again until the anesthesia has worn off. A good meal is important in providing your body the fuel it needs to begin healing.
6. Be certain you perform a good oral hygiene cleaning regimen before your arrival. You will not be able to brush for the remainder of the day and time for this has not been allotted in our schedule.
7. If your physician prescribes **ANY** medication for you between now and your scheduled surgery, you must inform our office immediately, as it may affect your scheduled procedure. **THIS INCLUDES DAILY ASPIRIN THERAPY!**

After your surgery:

1. Do not rinse, spit or drink through a straw for 24 hours after your procedure. Strong suction in the oral cavity may cause post operative bleeding.
2. **DO NOT SMOKE** for at least 48 hours after surgery. It would be best to stop for the entire week following any procedure, as smoking increases the time it takes for the area to heal.
3. Do not perform any oral hygiene for the remainder of the day of your surgery. Beginning the day following your surgery, you may return to your normal regimen for all untreated areas of your mouth. The area that was treated, however, should not be touched. You will be given a prescription mouthrinse to use for this area.
4. Some degree of swelling is normal and to be expected. Immediately after surgery, you will be given an icepack to place on the face adjacent to the treated area. Alternate 10 minutes on and 10 minutes off with the ice for the first 2-3 hours following your procedure. This will help reduce any discomfort and swelling.
5. A small amount of bleeding, which mixes with saliva, is normal after surgery. If a larger amount of blood flow is seen, place gauze on the area and apply gentle pressure for a minimum of 30 minutes. If the bleeding does not stop or a large blood clot forms in your mouth, please call the office during normal hours or Dr. Dompkowski at 240-606-6448 after hours.
6. Please refrain from vigorous exercise for the first 24 hours after surgery.

7. Avoid eating or drinking anything very hot or cold for the first few days after surgery. Your diet should be relatively soft during this time and you should chew on the opposite side of your mouth from where the surgery was performed.
8. Your teeth may experience some degree of increased temperature sensitivity. This is common immediately following surgery and will decrease gradually. Fluoride rinses or gels may be prescribed to aid in reducing this sensitivity.
9. **If you have received a soft tissue graft:** Do not pull or tug on the lip or cheek to inspect the surgical site, as you may disturb proper healing. Grafts are delicate and should not be pulled or abraded in any way. Keep talking to a minimum for the first 24 hours.

Medications:

Ibuprofen: You will be given one (1) tablet at the time of surgery. This should be followed by taking one (1) tablet every six hours for the first 48 hours, even if no discomfort is experienced. If you do not tolerate NSAID medications well, you may take Tylenol, but you may experience more swelling, as there is no anti-inflammatory benefit involved with this alternate pain reliever.

Doxycycline: Patients undergoing tissue or bone grafting will be given this antibiotic. Take one (1) tablet the morning of your surgery and then one (1) at bedtime the same day. Beginning the day following your surgery, take 1 tablet daily until your prescription is exhausted. Individual instructions may vary from this depending on the particular case and patient. If your instructions differ, please follow the instructions on the label of your medication. If you are intolerant of doxycycline, an alternative antibiotic will be prescribed.

Amoxicillin: Patients undergoing dental implant placement will be given this antibiotic. Take four (4) tablets one hour prior to your scheduled surgery and then one (1) tablet four (4) times daily your prescription is exhausted. Individual instructions may vary from this depending on the particular case and patient. If your instructions differ, please follow the instructions on the label of your medication. If you are intolerant of amoxicillin, an alternative antibiotic will be prescribed.

Perioguard Mouthrinse: All patients will be given a prescription for this product. It is an antimicrobial mouthrinse designed to help keep the surgical site clean during the healing period when you are unable to follow your normal hygiene regimen in the treated area. It may discolor your teeth and/or tongue-a common and temporary side effect. Dr. Dompkowski will address the staining at your post operative visits.

Other:
