

## POST OPERATIVE INSTRUCTIONS

The following information has been prepared for you to answer the many questions we know you will have regarding treatment that has just been performed. Please read these instructions carefully. Our experience has shown them to be very helpful.

1. The material which has been placed around your teeth is a surgical dressing. Its purpose is to keep you comfortable and allow proper healing to take place. It should not be disturbed because this could affect the healing and tear out any sutures that have been placed.
2. The dressing will have reached maximum hardness about 2 hours following placement. Refrain from drinking hot fluids during this time since they will prevent the dressing from hardening. In addition, do not eat any solid food until the dressing has hardened. During the course of the first post-operative week this dressing may become brittle and break off. It is not necessary to replace the bandage unless you are experiencing discomfort.
3. If I have instructed you ice should be applied to the area for 10 minutes and taken off for 10 minutes or a period of several hours. This should be done immediately following the procedure to prevent swelling. Do not use the ice bag longer than 6 hours after the surgery is completed. It is not uncommon for swelling to appear on the second or third day and take two or three days to disappear.
4. Some degree of discomfort may occur following periodontal surgical procedures. Doctor recommends taking 2 Advil 4 times a day for 2 days. However, if you cannot take Advil, Tylenol is advised. Also, a pain medication has been prescribed for you. (you can take this on top of the Advil if needed)
5. You may experience a slight feeling of weakness or chills during the first 24 hours. This is not a cause for alarm. In addition you are encouraged to avoid strenuous activity the day of the surgery.
6. There may be occasional blood staining or oozing for the first several hours which may cause your saliva to appear pink. This is normal and is not cause for concern. Rinsing often interferes with blood clotting and should be avoided for the first 24 hours postoperatively. If there is excessive bleeding, take a moistened tea bag and place it in your mouth close to the surgical site. Leave the tea bag in this position for 20-30 minutes. A gentle sucking motion draws the tea from the bag and this will usually stop the bleeding. If the bleeding persists, call the office.
7. Beginning 24 hours after the surgery, rinsing with warm salt water (1/2 tsp. salt in a glass of warm water) is encouraged. Repeat this as often as possible until your next appointment. Please refrain from using any type of mouthwash as they contain alcohol and may interfere with proper healing.
8. Perform your regular oral hygiene procedures in all areas of your mouth with the exception of the surgical site. Do not brush the areas concerned with the surgical dressing as this will dislodge the material.
9. Eating for the first week should be limited to the unaffected areas of the mouth and foods should be cut with a knife as to avoid incising them and thus injuring the area. Hard, sticky, or spicy foods should be avoided. Good diet is essential for proper healing. Smoking should be avoided during the next 24 hours.
10. If any other problems arise, please do not hesitate to call the office. Ronald K. Hunter, D.D.S., M.S.D. & Jeremy J. Wilgus, D.D.S., 3801 Las Posas Rd., #205, Camarillo, CA 93010  
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