

**POST-OPERATIVE INSTRUCTIONS  
FOR PERIODONTAL PATIENTS  
( a.k.a. "The Yellow Sheet")**

**WE ASK THAT YOU NOT DO THE FOLLOWING THINGS:**

- 1) **DO NOT** RINSE OR EXPECTORATE FORCEFULLY
- 2) **DO NOT** DRINK "HOT" LIQUIDS FOR 2 DAYS
- 3) **DO NOT** DRINK OR DRIVE WHILE TAKING PAIN MEDICATION
- 4) **DO NOT** DRINK THROUGH A STRAW FOR 1 WEEK
- 5) **DO NOT** EAT SPICY/CITRUS FOOD/TOMATO PRODUCTS
- 6) **DO NOT** DO VIGOROUS EXERCISE OR HEAVY LIFTING FOR AT LEAST 2 DAYS
- 7) **DO NOT** USE TOBACCO PRODUCTS
- 8) **DO NOT** USE ELECTRIC TOOTHBRUSH FOR 3-4 WEEKS

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**DO:**

- 1) TAKE MEDICATION AS PRESCRIBED
- 2) DRINK PLENTY OF LIQUIDS
- 3) USE ICE PACKS
- 4) **KEEP YOUR TEETH CLEAN !!**

**DRIVING:** If you have been given or have taken a SEDATIVE or PAIN MEDICATION, **DO NOT DRIVE FOR 6-8 HOURS AFTER LAST DOSE.**

**DISCOMFORT:** It is normal to experience discomfort after surgery, the degree differs for each patient. The 3rd - 6th day is normally more severe due to wound contraction. To minimize discomfort do the following: Take the first dose of pain medication with at least **one full glass of water before** the numbness starts to wear off and before you have any discomfort. Do not take more medication unless you have discomfort. Follow the directions exactly as written. Do not take medication on an empty stomach. If throbbing pain begins when you lie down, elevate your head with several pillows. If unreasonable pain persists call the office. **DO NOT** take more medication than the directions permit!

**BLEEDING:** It is normal for wounds to seep blood for a couple of days. It mixes with your saliva and may look like more blood than there really is. If you are getting large clots (looking like large liver clots) and they form again immediately upon carefully removing them, you may be bleeding too much. Please call the office..**Under no circumstances should you rinse to remove clots or blood since rinsing will only make it bleed more.** Hold a ½ hydrogen peroxide ½ water mixture in the mouth for 30 sec. Let it drain out of the mouth, **DO NOT SPIT FORCEFULLY.** Press a Tea Bag soaked in the mixture over the source of the bleeding for **5 min.** (TIMED with a clock). This will stop most bleeding but make sure it is accurately timed. If bleeding persists call the office.

**BRUISING:** After the day of surgery, if you have bruising on your face, apply a **warm pack** to your face, 10 minutes on and 10 minutes off, for several hours.

**RINSING:** **DO NOT RINSE FOR THE FIRST FOUR HOURS.** Hold in mouth ,then lean forward to let liquid drain out gently. **DON'T SWISH.** After 4 hrs. rinse lightly 4-6 times daily with the ½ **Hydrogen Peroxide** - ½ **Water** solution for 2 days. Starting two days after Surgery switch to rinsing 3 times a day with the PERIDEX RINSE for 30 sec. if prescribed. **RINSING KEEPS YOUR TEETH CLEAN IMPROVING HEALING.**

**SWELLING:** It is normal to swell post-surgically. The amount varies with different individuals. Swelling can be minimized by holding a wet ice pack loosely on the outside surface of your face directly over the surgical area. Keep using the ice packs 10 minutes on & 10 minutes off for only the first 6 hours. Do not use ice packs after the swelling has occurred, as it is too late for cold packs to help at that point.

**LIQUIDS: Drink at least TWICE the usual amount of fluids i.e. water** but not hot liquids like coffee or tea for the first two days. (Cold or lukewarm liquids are okay.) NO ALCOHOL please while taking medications or during the first two days. Citric Juices may cause irritation to delicate tissues.

**REST:** Get plenty of rest; prop your head up on the first night using several pillows with an old towel over them to avoid staining from drooling. (Do not lie flat, it will tend to cause more discomfort and bleeding.)

**DANGER SIGNS:** You may experience a slight feeling of weakness or chills during the first day or so. This is not a cause for alarm. If any of the following rare conditions occur, please call the office. 1) A fever over 101 degrees F. 2) Bleeding you cannot control (see Bleeding above). 3) Pus draining into your mouth 4) Swelling that does not begin to improve in 3 days and which is hard, red, hot, or throbbing 5) Any other unexplained problems.

**BRUSHING:** Starting the day after surgery, brush and floss as usual in other areas, but avoid brushing the gums where the surgery was performed. Brush the tops of the teeth and the sides inching up to the gum line. Do not use a toothpick in the surgery area for 6 months. Do not use dental floss in the surgery area for 3 to 6 weeks. (ASK DR. ABE AT YOUR SUTURE REMOVAL APPOINTMENT WHEN YOU SHOULD START FLOSSING.)

**REMEMBER, THE CLEANER YOU KEEP YOUR TEETH, THE FASTER YOU WILL HEAL AND THE LESS DISCOMFORT YOU WILL EXPERIENCE.**

**EATING:** Eat and chew as normally as possible, avoiding chewing in the surgery area.. If you do not eat, you will feel weak and ill. Soft nourishing high protein food, like tofu, meat, soups, whole grain cereals, fresh vegetable soups, cottage cheese, fish, bananas, etc. are recommended. If you cannot eat much, eat smaller portions more often. Don't eat/drink spicy or citrus food/drink for at least a week after surgery, due to the stinging sensation they may cause.

\*\*\*TAKING MEDICATION ON AN EMPTY STOMACH WILL CAUSE MORE STOMACH UPSET.\*\*\*

**HEALING: EVERY PERSON HEALS DIFFERENTLY AND AT DIFFERENT RATES. IN GENERAL, THE CLOSER YOU FOLLOW THESE INSTRUCTIONS THE BETTER YOU WILL HEAL AND YOU WILL EXPERIENCE FEWER PROBLEMS.**

The changes often associated with the early stages of healing include but are not limited to: 1) Teeth that seem loose and sensitive to temperature changes, especially cold 2) Gums that bleed easily. As healing progresses, these changes will gradually improve although cold sensitivity may persist awhile **longer. REMEMBER,** you will experience less sensitivity and recover more quickly, if you keep your teeth clean.

**FOR EMERGENCIES ONLY:**

LEAVE A MESSAGE IN THE EMERGENCY VOICE MAIL BOX (**EXTENSION 999 ON OUR VOICEMAIL**) BY FOLLOWING THE VOICE PROMPTS. YOU MUST HAVE A TOUCH TONE PHONE TO ACCESS THE EMERGENCY VOICE MAIL BOX. IF YOU DO NOT HAVE A TOUCH TONE PHONE, OR ACCESS TO ONE, PLEASE INFORM US SO WE MAY MAKE OTHER ARRANGEMENTS BEFORE LEAVING. LEAVE YOUR NAME, NATURE OF THE PROBLEM, AND YOUR PHONE NUMBER. **HAVE THE NUMBER OF THE NEAREST OPEN PHARMACY AVAILABLE.**

**(650) 941-2168 x 999**

Do not fly or travel for one week after:

- Gum surgery
- Dental Implant placement surgery

Do not fly or travel for two weeks after:

- Sinus Lift Surgery
- Socket Preservation Bone Graft
- Bone Ridge Augmentation

Do not fly or travel for four weeks after:

- Distraction Osteogenesis Bone Ridge Elevation surgery

**SINUS LIFT PATIENTS :**

1. NO SNEEZING IF POSSIBLE FOR 3 TO 4 WEEKS.
2. NO BLOWING YOUR NOSE FOR 3 TO 4 WEEKS.
3. NO FLYING IN AN AIRCRAFT OR SWIMMING FOR 3 TO 4 WEEKS.