



Periodontics

POST-OP INSTRUCTIONS FOR GENERAL SURGERY
(Osseous Sx, Fiberotomies, Frenectomies, Crown Lengthening)

1. Apply to the outside of the face in the area of surgery your ice pack. Hold it lightly and very still against the skin. Do NOT rub the ice pack back and forth. Hold the ice pack 20 minutes on/20 minutes off the site for at LEAST 4 hours immediately after surgery.
2. If you were prescribed an antibiotic, take it as directed and until all gone, unless you have a reaction to the medication and then contact us immediately. Pain medications/Anti-Inflammatory drugs should be taken as directed and as noted on the bottle. Two Advil tablets taken every 4 hours can usually be used to supplement your medication, if more pain relief is needed. Always take your medications with at least 8 ounces of milk or food to decrease the chance of an upset stomach. Taking pain medications and antibiotics at different times will also help prevent this problem. Again, if you have any reactions to the medications, please call us immediately.
3. A slight amount of bleeding for a day is quite normal; however, if the bleeding is excessive and black clots form please call us immediately. NEVER rinse or soak your mouth on the first day with warm salt water. DO NOT place dry tissue, cotton or gauze in the mouth unless instructed by us.
4. DO NOT RINSE for 24 hours! AFTER 24 HOURS, proceed with warm salt water soaks. Make this with a ¼ teaspoon of salt and ½ cup of luke warm water. NO heavy swishing. Use these warm salt water soaks 3 times a day until your post-op visit.
5. Swelling is not unusual following some procedures and usually disappears 3 to 7 days. It can usually be well controlled by the use of the ice pack following the instructions above. If swelling starts occurring 3 to 4 days after surgery, please contact us.
6. On the day of surgery and the following day, NO oral hygiene procedures (brushing, flossing, and WaterPik) should be performed in the area of surgery. You can brush the non-surgical areas of your mouth, but not anywhere near the surgical sites.