

CARE OF YOUR MOUTH FOLLOWING PERIODONTAL SURGERY

Resting the day of your surgery and following these instructions will help ensure early, comfortable and complete healing.

1. DISCOMFORT – There may be some discomfort following your surgical procedure. To help control the discomfort, **please take your pain medications as soon as possible unless you have been instructed otherwise.** Eating prior to taking narcotic medications (such as Vicodin or Tylenol with codeine) is important to reduce the chance of nausea. **Please avoid taking aspirin or aspirin-containing compounds** and take your antibiotic on an empty stomach. **If you are still in pain, you may supplement the narcotic pain medication by taking 400-600 mg. Ibuprofen (Motrin, Advil, etc.) 2-3 hours after your dose of narcotic medication.** This may reduce the amount of narcotic medication you'll need to take.

2. BLEEDING – Slight oozing of blood may occur for the first 24 hours. If excessive or continuous bleeding occurs, discontinue any rinsing and avoid exertion. Prolonged bleeding can usually be controlled at home by using a moist gauze pad or a moist tea bag (Black Tea only), **applied with firm finger pressure** to the bleeding area for 20 minutes or more. Uninterrupted pressure is key. **AVOID EXCESSIVELY HOT LIQUIDS THE FIRST SIX HOURS AFTER SURGERY,** as this can cause bleeding. Also, avoid spicy or acidic foods.

3. PRECAUTIONS – Please do not do vigorous deliberate rinsing. Do not use electric toothbrush. Do not spit. **DO NOT DRINK THROUGH A STRAW.**

4. SWELLING – Swelling may accompany surgery. It may be partially controlled by applying ice packs as soon as possible after surgery and continuing the first day. The packs may be applied for 15 minutes on and 15 minutes off. After 24 hours, warm moist compresses should be applied to help reduce swelling. Ibuprofen may also reduce swelling faster.

5. DRESSING – A dressing or putty type material may be used to cover the surgical area. Please do not touch. If small pieces of the dressing break off after a few days, it is of no concern unless the area becomes uncomfortable. Otherwise, we will remove the rest at your suture removal appointment.

6. SMOKING – Please do not smoke, or at least greatly restrict your smoking following surgery, to help improve your healing.

7. DIET – Diet should usually be limited to soft or semi-soft foods for the first few days. **It is important to maintain a good diet.** Nourishing and easy-to-eat foods include milkshakes, cottage cheese, yogurt, soup, ground meat, etc. Nutritional supplements such as Meritene, Nutriment, Ensure, etc. may be used for one or two meals.

**IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CALL.
A DOCTOR IS ON CALL TO HELP YOU AT ANY TIME.
THE AFTER-HOURS EMERGENCY NUMBER IS (916) 971-3461.**

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