



## **Post-Operative Instructions for Osseous Surgery**

These instructions will assist you in caring for your mouth following periodontal surgery. Post-surgical instructions must be followed carefully to encourage proper healing to decrease post-operative complications and optimize surgical results.

### **BLEEDING**

Minor oozing/bleeding is normal for the first few post-operative days. If excessive bleeding is noted, apply moderate pressure with moistened gauze or a moist black tea bag over the bleeding site for 20 minutes. If the bleeding cannot be controlled during that time, please contact **Dr. Barnett at (831) 277-5163**.

### **SWELLING**

Some swelling is normal following surgery, with it typically peaking on the second or third day following surgery. Swelling can be minimized by cryotherapy; extra-oral icing of the surgical areas can be performed with an ice pack or a bag of frozen vegetables. When icing, alternate apply cold for 20 minutes on and then 20 minutes off. Patients are also encouraged to sip on ice water and passively soak the surgical site in ice water.

### **MEDICATIONS & PAIN KILLERS**

If antibiotics were prescribed, take them as directed and finish the prescription. If you smoke, do not smoke for at least 3 weeks after surgery. Smoking significantly decreases your healing ability and will compromise your graft. If not allergic to ibuprofen, take it every 6 hours for the first 3-4 days. In the rare instance ibuprofen is not enough to relieve the pain, take codeine every 4-6 hours as needed. Never drink alcohol or drive with this medication.

### **DIET**

A well-balanced soft diet should be employed for the first 3 weeks following surgery. Avoid chewing on the surgical sites. Avoid foods that are hot, spicy, have small seeds (such as berries), or have thin hard husks (such as popcorn), and acidic drinks such as soda and orange juice for the first week. Any cooked meals should be allowed to cool to at least room temperature before eating. Patients are also encouraged to eat colder, soft foods (ice cream, yogurt, cottage cheese, and milkshakes – never with a straw) and drink ice water for the first three days following surgery.

### **ORAL HYGIENE**

Never brush or floss any teeth in the surgical areas for three weeks following surgery. Starting the day after surgery, use the prescribed chlorhexidine gluconate (0.12%) rinse at least twice a day (after breakfast and before bed), rinsing for 30 seconds. When rinsing, do not swish vigorously to avoid stretching the cheeks. Spit passively, allowing gravity to dump the rinse in the sink. Do not rinse with water, eat, or drink for at least an hour following the rinse. Alternatively, the patient can dip a cotton swab in the prescription mouth rinse and wipe the teeth. Normal oral hygiene can be used in all non-surgical areas.

### **TOOTH SENSITIVITY**

It is normal to have increased sensitivity to hot and cold on your teeth following surgery. This usually goes away after a few weeks; prescription fluoride therapy can accelerate recovery. Your dentist may prescribe toothpastes and/or rinses. Judicious use of fluoride therapy twice a day is necessary for optimal results.

### **PHYSICAL ACTIVITY**

Limit your physical activities the first week following the procedure. Increasing your blood pressure / heart rate with strenuous exercise may cause increased bleeding at the surgical sites.

**Do not hesitate to call if you have any questions.**

DR. ANDREW BARNETT AT 469-850-2271

OR

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