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Extraction, Bone Grafting, and Implant Home Care Instructions

Medications/Pain: You're going to be a little sore for a day or so. The general medication prescribed is Ibuprofen 800mg. The Ibuprofen will be your "baseline" pain medication. It is a non-narcotic, anti-inflammatory that should be taken for the first three days, every 6-8 hours, regardless of pain, in order to minimize swelling. Pain usually will peak on the third to the fifth day after surgery, be conscious about taking the medications around that time. If any adverse reactions to those medications should arise, such as itching, swelling or any other allergic symptoms, please contact the office and discontinue all medications immediately. Any time you suspect the pain is abnormally intense and it does not subside when taking the medications, call the office right away. Any instructions we've given you for antibiotics must be followed exactly, take them until they are gone.

Activity: Try to keep your head elevated, even when you sleep. Swelling can be controlled by ice packs. Apply packs for 15-20 minutes every hour- no more than that for the first 1-2 days. Do not perform any strenuous exercise or activity for at least 24 hours following surgery.

Oral Hygiene: Good oral hygiene is essential to good healing. You will be given an extra soft tooth brush to use for the first 2 weeks. Do not brush the gums and avoid flossing in the surgery area until you return for your post operative exam. You may rinse with warm salt water after surgery, but avoid any type of commercial mouth wash for the first 2 weeks. Warm salt water rinses will help soothe the area and aid in removing plaque. It is important to maintain a normal level of oral hygiene in the non operated areas by brushing and flossing regularly. Avoid vigorous rinsing, spitting, and sucking through a straw for 48 hours.

Bleeding: Expect some bleeding. A gauze pad pressed gently over the area will usually minimize bleeding. A blood clot will begin to form within an hour of the surgery, so you must be extremely gentle for the first 24 hours. The clot furnishes structure for new tissue and eventually bone. Don't chew on it, brush it, or even rinse right away. This could dislodge the clot. If the area continues to bleed and clotting is not occurring, you may moisten a tea bag with cold water and bite down on it.

Eating: During the first day cold food is best, to help reduce bleeding. Avoid hot food or beverages as they will dilate blood vessels and promote bleeding. For the first week, softer foods are advised. Avoid any foods that are crunchy, spicy, or acidic. Chewing should be done predominately on the side opposite of the surgical site.

Smoking: Do not smoke for the first two weeks to ensure the best healing and success of your surgical procedure. Healing results are significantly worse in smokers than in non-smokers.

DO NOTS: For the next several days do **NOT** spit, smoke, rinse or swish vigorously, drink through a straw, drink carbonated soda or use an oral irrigating device.

Tissue Grafting Home Care Instructions

Activity: After leaving the office, relax for the remainder of the day, Avoid strenuous activity for several days after surgery, as it may increase swelling and throbbing. Minimize talking and facial expressions that pull lips and cheeks for the first 48 hours.

Swelling: Some swelling may be present the day after surgery and may peak 48-72 hours after surgery. Rinsing with cold water is important for reducing swelling discomfort, and bleeding. Do not do any vigorous swishing for the first 4 days. On the day of surgery, use an ice pack over the operated area on the outside of the face, alternating on and off at 10 minute intervals. Bruising may occur a few days following surgery and can take 7-10 days to fade away.

Bleeding: Heavy bleeding is not common but can occur, most often from the palate. There may be a pink discoloration of your saliva for several hours. Avoid vigorous rinsing, spitting, smoking, and the use of a straw in the first 5-6 days. Should bleeding occur, place the provided gauze or a moistened tea bag against the bleeding site. It may take several minutes before the bleeding stops.

Graft/Recipient Site: The recipient site will take a few weeks for initial healing. The graft site may become white or grayish in color. It also may become red, purple, or have spotting. These are normal, regular signs of healing. The graft tissue also may slough off. This is normal post-operative healing for this procedure. The healing process during the first few weeks after the procedure is not a determinant of the outcome of the graft. Final healing takes several months.

Palatal Stent: The palatal stent is the thin, plastic cover provided to minimize bleeding by compressing the donor site. It also protects the palate during eating and talking. For best results, wear the stent during the first 5-7 days of healing, (longer if you would like). The palate will heal faster with it in. Remember the stent is for your comfort so if it becomes uncomfortable or annoying, it may be removed and the palate will still heal. It is important to remove and clean your stent daily, cleaning after meals is highly recommended.

Sutures: You will have sutures on your palate and around the grafted area. The sutures on your palate will be removed one week after surgery. The sutures in the grafted area will be removed 2 weeks after surgery. Some sutures are dissolvable, and may fallout or break off on their own before your scheduled appointment. If sutures begin to fall out prior to your appointment and they become bothersome, please contact our office and we can remove them.

Eating: During the first day cold food is best, to help reduce bleeding. Avoid hot food or beverages as they will dilate blood vessels and promote bleeding. For the first week, softer foods are advised. Avoid any foods that are crunchy, spicy, or acidic. Chewing should be done predominately on the side opposite of the surgical site.

Oral Hygiene: Good oral hygiene is essential to good healing. You will be given an extra soft tooth brush to use for the first 2 weeks. Do not brush the gums and avoid flossing in the

surgery area until you return for your post operative exam. You may rinse with warm salt water after surgery, but avoid any type of commercial mouth wash for the first 2 weeks. Warm salt water rinses will help soothe the area and aid in removing plaque. It is important to maintain a normal level of oral hygiene in the non operated areas by brushing and flossing regularly.

Discomfort and Medications: The general medication prescribed is Ibuprofen 800mg. The Ibuprofen will be your “baseline” pain medication. It is a non-narcotic, anti-inflammatory that should be taken for the first 3 days, every 6-8 hours, regardless of pain, in order to minimize swelling. Pain usually will peak on the third to the fifth day after surgery, be conscious about taking the medications around that time. If any adverse reactions to those medications should arise, such as itching, swelling or any other allergic symptoms, please contact the office and discontinue all medications immediately.

Smoking: Do not smoke until after your sutures have been removed to ensure the best healing and success of your surgical procedure. Healing results are significantly worse in smokers than in non-smokers.

Periodontal Surgery

Home Care Instructions

Discomfort & Medications: Periodontal surgery, like other surgical procedures, may be associated with varying degrees of discomfort. This depends on the procedure involved and individual differences.

The general medication prescribed is Ibuprofen 800mg. The Ibuprofen will be your “baseline” pain medication. It is a non-narcotic, anti-inflammatory that should be taken for the first 3 days, every 6-8 hours, regardless of pain, in order to minimize swelling. Pain usually will peak on the third to the fifth day after surgery, be conscious about taking the medications around that time. If any adverse reactions to those medications should arise, such as itching, swelling or any other allergic symptoms, please contact the office and discontinue all medications immediately. All medications should be taken strictly as prescribed. The interval between taking the medications and the total length of time that you are to remain on your medications has been carefully determined to give you the maximum benefit with the minimum use of drugs. Variation from the prescribed regimen can affect healing and the success of your procedure.

Bleeding: You may notice slight bleeding from the surgical site. This type of minor bleeding for one or two days is not unusual and is not a major concern. If at any time you notice the formation of large blood clots or an obvious flow of blood in which is more than slight oozing, notify our office immediately.

Sutures: Sutures (“stitches”) are placed to hold the gingival tissues in the proper position for ideal healing. If sutures (“stitches”) were placed, your doctor will usually want you to return so that they can be fully removed once sufficient healing has occurred. Try not to disturb the sutures with your tongue, toothbrush, or in any other manner since displacement will impair healing. If absorbable sutures were placed it is not uncommon if they start to fall out in the days following surgery. If sutures become loose before your next appointment and you find it to be bothersome, please call our office and we can reschedule a sooner appointment.

Diet: For your comfort and to protect the surgical area, a soft diet is recommended. Avoid hard, fibrous, spicy and sharp foods (such as corn chips) as these may be uncomfortable. Drink plenty of fluids. It is important to maintain a diet with a normal calorie level that is high in protein, minerals and vitamins to support post operative healing. Eat as normal a diet as possible. **POST SURGERY IS NOT THE TIME TO START A DIET**, since this can have detrimental effects on healing and lessen the chances of success of the surgical therapy.

Oral Hygiene: We ask that you continue to brush and floss your teeth as you normally would, with the exception of the surgical site. You may be sore, but it is important to keep your mouth as clean as possible. Please use your provided post-operative extra soft toothbrush to lightly clean the surgical site. You may gently rinse with warm salt water. If sutures have been removed, you can begin to use your regular toothbrush again.

Physical Activity: Avoid strenuous physical activity for at least two days.

Swelling: Slight swelling of the operated areas is not unusual and may begin after the surgery. An ice pack should be used to minimize swelling. The ice pack should be applied directly to the side of the face where surgery was performed. For the first 24 hours an ice pack should be kept in contact with the skin as much as possible. You should also keep your head elevated above the level of your heart during the first 24 hours after surgery. If swelling occurs, it usually disappears after several days. Applying moist heat to the swollen area 1-2 days after surgery will help the swelling resolve. Please report unusual swelling immediately.

Smoking: Do not smoke until after your sutures have been removed to ensure the best healing and success of your surgical procedure. Healing results are significantly worse in smokers than in non-smokers.

Alcohol: All intake of alcohol should be stopped until after your sutures have been removed and minimized for the next several weeks after suture removal to enhance healing. The combination of alcohol and certain pain medications is not recommended.

DO NOTS: For the next several days do **NOT** spit, smoke, rinse or swish vigorously, drink through a straw, drink carbonated soda or use an oral irrigating device.

Scaling and Root Planing Home Care Instructions

Care of your Mouth: Start brushing, flossing, and continuing your prescribed oral hygiene regimen immediately following treatment. You may have to go easy at first, but make every effort to keep your mouth plaque free. We recommend rinsing your mouth several times on the day of treatment, with warm salt water. (Use $\frac{1}{4}$ tsp salt to 8oz of water)

Discomfort: Some discomfort is expected when the anesthesia wears off. Usually a couple of acetaminophen or ibuprofen will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and brushing with fluoride toothpaste will usually reduce or eliminate sensitivity in a day or two.

Eating: Your next meal should be soft. Avoid any hard, gritty foods such as peanuts, popcorn, chips, hard bread for the next 3-4 days. Also, it is best to avoid hot, spicy foods and alcohol for at least 24 hours.

Bleeding: Slight bleeding may continue for several hours following the procedure. This is not unusual and will stop. If bleeding persists beyond a few hours, please call our office.

Swelling: Very seldom does swelling occur. If it does, rinse your mouth every couple of hours with warm salt water. (Use $\frac{1}{4}$ tsp of salt / 8 oz of water)

Smoking: Please refrain from smoking for 24 hours or longer after scaling and root planing procedures. Tobacco use interferes with healing.

Exercise: Avoid any aerobic activity for the rest of the day.