

# Postoperative Instructions

## Prescriptions

- Your prescription for discomfort is \_\_\_\_\_.  
You should take \_\_\_\_\_ tablet(s) every \_\_\_\_\_ hours as needed.
- Your prescription for an antibiotic is \_\_\_\_\_.  
You must take \_\_\_\_\_ tablet(s) every \_\_\_\_\_ hours until gone.
- Your prescription for a medicated mouthwash is \_\_\_\_\_. Rinse with full strength product 2 times a day after breakfast and before bed. No eating or drinking for 30 minutes after rinsing.

## Day of Surgery

- Immediately following periodontal surgery, an ice bag should be applied to your face over the operated area. Apply it for 10-15 minutes and then remove it for 5-10 minutes. This repeated procedure helps prevent swelling and postoperative bleeding. Use ice for the first 4-6 hours following surgery. Applying ice after this initial period following surgery may be harmful.
- Take the appropriate medications as instructed.
- Chewing may be a problem today. Eat soft foods and drink lots of cold fluids (DO **NOT** use a straw).
- Refrain from strenuous work or play.
- DO **NOT** disturb any dressings or plastic stents today.
- DO **NOT** attempt **any** tooth cleaning today.
- Try to refrain from smoking or spitting today.
- There may be blood stains in the saliva for a few hours after therapy; this is normal. If there is "considerable" bleeding, find the spot where it is coming from and hold a piece of damp gauze over it with your thumb or index finger. Hold firm pressure for 10 to 15 minutes without removing the gauze. If it is still bleeding, reapply pressure for another 10 minutes. If bleeding persists, call the doctor. DO **NOT** try to stop the bleeding by removing the surgical dressing or by rinsing.

## Days After Surgery

- A few days following surgery, you may rinse with warm (salt) water to accelerate healing.
- If swelling occurs use something warm, like a warm wash cloth or heating pad on low. If you have a fever, call the doctor.
- Cleaning your teeth
  - DO **NOT** clean areas of surgery until advised by your doctor.
  - DO **NOT** clean in areas where dressing are positioned.
  - DO remove plastic stents protecting the roof of your mouth, clean and replace. (to remove the gauze— wet the area and gently pull)
  - DO clean all nonsurgical areas of your mouth as usual.
- Drink lots of fluids to prevent dehydration during the healing period.
- Minimize smoking during this healing period.
- If the periodontal dressing should become loose or dislodged and you are comfortable, DO **NOT** be concerned.
- Normal eating habits may require alteration during the first days following surgery. However, it is important that you continue to receive adequate nutrition. This is not the time to go on a diet. Avoid crisp and/or sticky foods. The suggested foods listed below require only minimal chewing efforts.

Soup/Broth	Ice Cream	Jello	Ground Meats	Eggs
Cottage Cheese	Milk Shakes	Fruit Juice	Pudding/Custard	Bread
Cooked Cereal	Milk	Yogurt	Instant Breakfast	Potatoes

Should you have any questions, concerns or postoperative problems, please call your doctor.  
Office phone: (402) 466-6700

After hours: Dr. Alley (402) 486-3001 or (402) 310-5773