



# SURGICAL POST-OP INSTRUCTIONS

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Practice limited to Periodontics and Implantology



## **Numbness:**

Numbness usually lasts approximately 2 hours. Please do not chew anything or drink hot or cold liquids until your numbness is gone.

## **Discomfort:**

You can expect slight discomfort following your treatment. However, to make you more comfortable while you are healing do the following:

- For gums: Rinse 3 to 4 times daily with warm salt water (1 teaspoon of table salt in an 8 oz. glass of warm water). This is beneficial for both healing and cleanliness.
- For teeth: Be patient; time will heal. If necessary, use your favorite brand of pain reliever (Ibuprofen tends to work best for dental pain). Call us if you have excessive pain.

## **Medication:**

Pain following periodontal surgery is usually well controlled with non-narcotic medications such as ibuprofen (Advil, Motrin) or Tylenol. If ibuprofen has been prescribed for pain, continue taking this medication every 6-8 hours for several days, even if you are in little discomfort. Narcotic medications (such as, Vicodin or Norco) may be additionally beneficial for pain control. You may elect to take the prescribed narcotic (with, not in place of your ibuprofen or Tylenol) for pain that is moderate to severe. Narcotic medications may cause drowsiness and/or nausea. To minimize stomach upset, take your medication with at least ½ glass of water and after meals.

## **Activity:**

You generally can resume normal activities the day following periodontal surgery. It is recommended however, that you limit your activities and return home to rest the day of your surgery. This is especially true if you have taken sedative medications.

## **Brushing:**

Brush thoroughly but gently except the area of surgery. (Use a soft brush warmed in water with emphasis on the area of the tooth gently near the gum line). Do not use any water pik, rubber tip and floss at the surgery area.

## **Bleeding:**

For several hours following surgery, a small amount of blood may appear in your saliva. If bleeding persists, try to localize the area where the bleeding is coming from. Apply firm but gentle pressure directly to the site of bleeding, with a gauze or moistened tea bag for 5 to 10 minutes. If severe bleeding continues and you cannot stop it, please call the office or go to your local emergency room. Your gums may bleed for a few days when you brush or floss. Don't be alarmed as this is normal. Continue brushing and flossing even if your gums bleed.

## **Nutrition:**

A good diet is important for healing. A semi-soft high protein diet is recommended. Avoid hot, hard and crunchy food since they may injure healing tissues. Food suggestions include scrambled eggs, yogurt, bananas, instant breakfast drinks, applesauce, cottage cheese, oatmeal, etc. (very cold foods or drinks, such as ice cream or milk shakes sometimes also cause discomfort to your teeth and should be eaten cautiously).

## **Sensitivity:**

Avoid extreme hot or cold on your teeth, as they may cause sensitivity. This is also normal and may last from a few days to several weeks. You should expect gradual improvement. We recommend the use of anti-sensitivity toothpastes such as; Sensodyne or concentrated fluoride gels such as Prevident or Gel-Kam.

## **Post-Surgical Problems:**

If you experience swelling that increases after 3 days, fever, discomfort that is not controlled by the prescribed medications, an adverse reaction to any medications, or if you are uncertain about your progress in healing, please call the office at **Grass Valley Office 530-273-3312** or **Roseville Office 916-771-4872**

**Call us:** If you have any further questions or concerns, please call Dr. Arora at **714-280-5489**