

**WY Implants and Surgical Arts  
307-362-4867  
Dr. Shaziya Haque, DDS MS**

**PATIENT INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY**

**Bleeding**

Light bleeding and redness in your saliva is not unusual during the first 24 hours following the periodontal surgical procedures.

Bleeding will best be controlled by limiting your activities during the day. Vigorous rinsing and forceful spitting tend to prolong or increase bleeding.

To stop bleeding maintain steady and firm pressure on the site by biting on gauze. Replace the gauze as needed until there is little or no blood on it. This may range from 45 minutes to 2 hours. To promote clotting you may also bite on a moistened black tea bag.

If bleeding is excessive, continuous or if you are concerned please call the office immediately.

**Medications**

It is important that you continue regular medications prescribed by your physician. We may request from your physician that you discontinue aspirin and other blood thinner for a few days before your surgery.

As the anesthesia wears off, you may have some discomfort. We recommend taking 600mg of Ibuprofen (Advil or Motrin) every 4 to 6 hours over the next two to four days for the pain.

If you were prescribed a pain killer, take it along with the Ibuprofen as needed. If the medication makes you ill, contact the office.

Remember pain is best controlled if you stay ahead of it. You may stagger the prescribed pain medication with the Ibuprofen. For instance, take Ibuprofen at 4pm, then prescribed pain medication at 8pm and Ibuprofen at 12am and so forth as needed. If you do not wish to take prescription pain medication, you can take the Ibuprofen as directed above and stagger it with Acetaminophen (Tylenol) extra strength (500mg). Please do not take prescribed pain medication and Tylenol at the same time.

**Oral Hygiene**

Brush and floss the areas that were not involved in the surgery as normal. Do not brush the surgical area(s) for 2 weeks. To keep the area clean, rinse gently as often as you like with a salt water solution. Mix ½ teaspoon of table salt in ½ glass of warm to hot water starting 24 hours after surgery.

If you are prescribed Peridex rinse, it should be started 24 hours after the surgery and continued for the next two weeks. Remember Peridex can cause staining of teeth and oral tissues in some patients. Do not use whitening toothpaste.

### **Eating and Drinking**

Nutrition is important for optimum healing. For the first few days you may feel comfortable eating a very soft diet. You may choose soups, milkshakes (do not use a straw) or food supplements as Ensure or instant breakfast shake. For the first 24 hours stick to cold foods.

Avoid hot or spicy food as well as crunchy foods such as chips, nuts, pizza crust, popcorn or seeds.

Examples of recommended food are: Jell-O, yogurt, soft boiled eggs, apple sauce, mashed potatoes, fish and tofu.

### **Swelling and Healing**

Some swelling is normal. To minimize swelling, apply cold compresses (ice cubes wrapped in a cloth) for 15 minutes on and 15 minutes off to the area for 4 to 6 hours. Do not apply ice after 48 hours. After 48 hours, you can apply a warm compress to the area.

Do not disturb the area by touching with fingers, toothpicks or tongue as this may irritate or cause infection. Sutures are meant to keep everything in place. Please do not attempt to remove your own sutures.

Avoid using a straw and smoking for at least 2 weeks.

A smooth, comfortable healing process will be aided by your compliance with post-operative instructions. Please call our office with any questions or concerns.

Rock Springs Periodontics 307-362-4867

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