

GENERAL INSTRUCTIONS FOR PERIODONTAL SURGERY

Periodontal surgery is a big step in achieving dental health, and Westport Periodontics wants you to have the best possible outcome. Please refer to the following instructions to minimize post-operative discomfort and to ensure proper healing.

DAYS PRIOR TO SURGERY

1. **Prescriptions** – for your convenience, we will call in your medication if needed.
2. **Medications** – If you are taking daily medications for blood pressure, please take them normally to ensure your blood pressure is controlled during the procedure. If you take blood thinners, Plavix (or a similar anti-platelet medication), or daily aspirin greater than a baby aspirin, please discuss this with the doctor to see if discontinuing this is necessary.

DAY OF SURGERY

1. **Immediately Before Surgery** – 1 hour before surgery it is recommended to take 600-800 mg of Ibuprofen (3-4 OTC tablets of 200mg ibuprofen). This helps get ahead of any discomfort once your numbing from the procedure subsides.
2. **Pain Control After Surgery** – 600-800 mg of Ibuprofen every 8 hours is typically all that is necessary to control discomfort. This can be supplemented with 2 tablets of Extra Strength Tylenol (acetaminophen 500mg) in between doses if necessary. A typical dosing schedule when using both Ibuprofen and Tylenol:

7am	11am	3pm	7pm	11pm
800mg Ibuprofen	1000mg Tylenol	800mg Ibuprofen	1000mg Tylenol	800mg Ibuprofen

3. **Cold Therapy** – an ice pack gently applied on the face at the side of the surgery for 15 minutes on/ 15 minutes off helps with swelling and discomfort. Sipping ice water also is very soothing early in the healing process – we find if you fill a glass with crushed ice and water and gently sip it is most effective.
4. **Diet** – a “no-chew diet” for the first 2 days is required. The goal is to not disturb the surgical site(s).
5. **Bleeding** – slight bleeding or oozing from the site is normal, but inform us if heavy bleeding occurs.
6. **Activity** – Rest after your surgery is important! Be sure to have minimal activity and plenty of sleep!

DAYS 1-3 POST-SURGERY

1. **Pain Control**– Continue alternating doses of Ibuprofen and Tylenol as listed above, even if you have no discomfort! It is MUCH easier to stay ahead of discomfort than play “catch-up”. In addition, Ibuprofen will have an anti-inflammatory effect at this dosage which will limit swelling.
2. **Swelling** – swelling and discomfort typically peak during days 2-3. The amount of swelling varies from person to person, so do not be alarmed if this occurs. Continue cold therapy during this time to limit swelling.
3. **Bleeding** – minimal bleeding or oozing can occur. “Spotting” or a mild pink in your saliva is typical.
4. **Diet**. A good “rule of thumb” is to eat nothing harder than hamburger meat. Chips, crackers, popcorn, crunchy bread, nuts, crunchy fruits and vegetables, etc. can injure the site and prevent a good outcome.
5. **Activity** – light activity such as casual walking is fine, but limit prolonged walking or standing and no heavy lifting.
6. **Oral Hygiene** – You can begin carefully brushing the sites that were NOT treated, but avoid brushing the surgical site(s). If prescribed, begin using the Chlorhexidine prescription rinse twice daily as instructed 48 hours after your surgery. If you were not prescribed Chlorhexidine, you may combine 1 tsp of salt with 1 cup of warm water and rinse gently.

DAYS 4-10 POST-SURGERY

1. **Pain Control** – Ibuprofen may still be necessary during these days, but after day 5 you can begin tapering off if you are doing well. Gradual improvement should be expected.
2. **Swelling** – slight swelling may still be present but it should be getting progressively better.
3. **Stitches** – If dissolvable stitches were used, they may become loose or come out at 5-7 days post-surgery. This is typical and they will likely be removed at your follow-up visit. Please do not remove your own stitches!
4. **Oral Hygiene** – continue to avoid the surgical site(s) and use the Chlorhexidine rinse. We will evaluate the site and recommend when you can resume regular tooth brushing.
5. **Dr Campbell's cell phone: 816-797-8488, Dr. Barrett's cell phone: 314-649-0744**