



INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

1. **DO NOT RINSE OR SPIT** for 24 hours after surgery. Starting 24 hours after surgery, you may gently hold warm salt water 2-3 times a day in the surgical area. (Mix ½ teaspoon salt with 8 oz. warm water) – Do not rinse, do not swish and do not use mouthwash.
2. **DO NOT BITE OR CHEW IN THE SURGICAL AREA(S) UNTIL TOLD TO DO SO, DO NOT PULL THE LIP BACK TO LOOK AT THE AREA, AND DO NOT LICK THE SURGICAL SITE(S) WITH YOUR TONGUE.** This may disrupt the healing process!
3. **MEDICATIONS:** Adults may take up to 600mg of Ibuprofen or 650mg of Acetaminophen with the prescribed pain medication every 4-6 hours as needed for pain. (Children may take 200mg of Ibuprofen or 325mg of Acetaminophen) You may alternate Ibuprofen and Acetaminophen every other pain pill. Most find the day after surgery that Ibuprofen and/or Acetaminophen eliminate discomfort and discontinue the pain medication prescribed. If prescribed an antibiotic or steroid, it is very important to finish these medications. Please have food on your stomach prior to taking your medications to avoid nausea. Avoid driving or operating machinery while on the prescribed pain medication.
4. **SEDATION:** If you were sedated, it can take up to 24 hours for the sedative to totally wear off, and it is normal to sleep a good deal during this time. Do not try to drive, operate machinery, or make any major life decisions for up to 24 hours. You should have someone immediately available to ensure your safety for up to 24 hours.
5. **DO NOT BRUSH OR FLOSS THE AREA OF SURGERY** DO NOT BRUSH THE AREA OF SURGERY UNTIL WE INSTRUCT YOU TO! **DO** brush and floss the other areas of your mouth by dipping your toothbrush in water or mouthwash (such as Scope or Listerine). **NO TOOTHPASTE!** You may use Listerine® pocket strips or spray found in the toothpaste aisle to freshen your breath by placing or spraying on the tongue.
6. **YOU MAY USE AN ICE PACK ON YOUR FACE USING LIGHT PRESSURE IN THE AREA OF THE SURGERY, 10-15 minutes on, 10-15 minutes off to reduce any swelling.**
7. **BLEEDING** - It is not unusual to have a little red color in your saliva or a metallic taste for the first 24-36 hours after surgery. If the bleeding is heavy, apply indirect pressure on the outside of the lip or cheek as indicated in our office. If the bleeding persists past 30 minutes, please call our office.
8. **AVOID SUCTION** – Do not suck on hard candy or straws. **DO NOT SMOKE** and eliminate all tobacco products. Do not rinse with mouthwashes. **NO STRAWS UNTIL INSTRUCTED BY OUR OFFICE TO DO SO.**
9. **PERIODONTAL DRESSING/PACK:** A periodontal dressing/pack may have been placed over your surgical site. It is pink and has a firm, plastic-like consistency that should not be disturbed. If it does become loose, please use gentle pressure to squeeze the dressing back to place, and contact our office. Avoid exaggerated movement of the jaws (talking, laughing, vigorous chewing, etc.) for the first 24 hours after surgery to insure that a strong blood clot forms. At the first post-operative appointment, your dressing will be removed.
10. **WORK AND EXERCISE** – For 5 days after surgery (unless otherwise specified) **NO** heavy lifting and **NO** Travel By Airplane for 5 days after surgery. You may return to work the day after surgery. If your employment includes heavy lifting, please let us know and we can provide a work excuse for you.

Food Suggestions and Restrictions on Back of Sheet

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***SUGGESTED FOODS/BEVERAGES FOR FIRST 24 HOURS AFTER SURGERY:
NO HOT FOOD/BEVERAGES FOR 24 HOURS***

- Water, Iced Tea/Coffee, Milk, Milkshakes, Slim Fast
- Ice Cream, Jell-O, Pudding, Cold Pasta, Yogurt, Baby Food, Applesauce

***SUGGESTED FOOD/BEVERAGES STARTED AFTER 24 HOURS FROM SURGERY:
ALL FOOD SHOULD BE PLACED IN YOUR MOUTH IN SMALL PORTIONS***

- You may drink warm coffee, tea, “warm” hot chocolate
- Soft/Mushy Vegetables (green beans, peas, other beans mashed up)
- Baked/Mashed Potatoes, Rice, Creamed Corn, Macaroni & Cheese, Pastas (No tomato sauce)
- Soups (No tomato based) Soft Breads (No crust or hard bread)
- Eggs, Oatmeal, Cream of Wheat, Soft Cereals, Ensure, Slim Fast, Bananas
- Mashed up ground beef (no patties) and baked fish, finely chopped chicken or ham (nothing chewy)

FOOD/DRINKS TO AVOID (FOR 1 WEEK) UNTIL WE SEE YOU FOR YOUR FIRST POST OPERATIVE VISIT:

- No Carbonated Beverages, Juices, Acidic Foods, Spicy Foods or Tomato Products
- No Potato Chips, Popcorn, Foods with small Seeds, or anything Crunchy

**A SUCCESSFUL OUTCOME TO YOUR SURGERY WILL DEPEND ON STRICTLY FOLLOWING
BOTH THE AFTER CARE INSTRUCTIONS AND FOOD LIST PROVIDED TO YOU.
THANK YOU FOR ALLOWING US TO TREAT AND CARE FOR YOU!**

Questions???? Call our office at 270-684-2212

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