



Advanced Implant and Periodontal Specialists
 Diplomates, American Board of Periodontology

Benjamin S. Hanson, D.D.S., M.S.
Emily E. Hahn, D.M.D., M.S.

Your next appointment is scheduled on:

Date: _____ Time: _____

1805 Plaza Drive
 Winchester, VA 22601
 (540) 535-0401
www.advancedimplantperio.com

Postsurgical Instructions

PLEASE READ THESE INSTRUCTIONS CAREFULLY. Sometimes the aftereffects of periodontal surgery are quite minimal, so not all of these instructions may apply. Common sense will often dictate what you should do. Follow these guidelines and call the office anytime for clarification.

- Dr. Benjamin S. Hanson - Cell:
- Dr. Emily E. Hahn - Cell:

Medication:

Please take prescribed medication as directed. Pain medication should not be taken with alcohol. The pain medication (prescription narcotics) should also not be taken when operating a motor vehicle or when performing some action in which clear thinking and coordination are important to your safety and the safety of others. Take any medicines previously prescribed (antibiotics, anti-inflammatory medications, mouthwash, periodontal gel, etc.) according to the dosages and times indicated in the prescriptions.

Swelling & Bruising:

Apply ice packs to the area of the face corresponding to the surgical sites. Alternate the ice packs: 30 minutes on and 30 minutes off. This avoids excessive cooling of the skin. Repeat this for the next 4 to 5 hours after surgery. Swelling will reach its greatest amount between 48 and 72 hours. During the first 2 nights after surgery, sleep with your head elevated using one or more pillows. A hematoma (black and blue area) may appear on and about the face and neck. This will resolve within 1 week. There may be a possible slight increase in body temperature within the first 48 hours.

Dressing:

The material that may be placed around your teeth is periodontal surgical dressing. It helps to protect the wound and should not be disturbed. Small portions of the periodontal dressing may be dislodged as you go about your normal activities following the surgery. It is also possible that the entire dressing may come off. Do not be concerned if either of these situations occur, unless you are having pain because the surgical area is no longer protected by the dressing. It will be important to keep the surgical area clean regardless if the dressing is in place or not.

Oral Hygiene:

Brush and floss your teeth, but be gentle with the surgical area until the sutures are removed. Do not use any intraoral rinses for the first seven days after surgery. Avoid any and all types of sucking/suction. Avoid touching or manipulating the surgical sites.

Bleeding:

There may be blood stains in your saliva for a number of hours after the surgery. This is common and normal. If there is considerable bleeding, try to find the area from which the blood is coming and hold a piece of gauze over the area between your thumb and index finger and apply pressure to both sides of the area. Hold firmly and with pressure for 10 minutes without removing for examination. If bleeding continues, contact the office. **DO NOT ATTEMPT TO STOP THE BLEEDING WITH VIGOROUS RINSING.**

DO NOT RINSE FOR SEVEN DAYS AFTER SURGERY,

to include but not limited to: water, salt water, Listerine, etc.

Continued on back

Diet:

Your diet for the first 2 days should consist of liquid and semi-liquid cold food (e.g., fruit juices and shakes, homogenized food, ice cream, puddings, yogurt). On the third day, you may proceed with semi-solid foods until the sutures have been removed. Do not drink through a straw for seven days. The straw creates suction inside your mouth and may cause bleeding from the surgical site. Try to avoid highly seasoned food, alcohol, and tobacco products for seven days following the surgery.

Physical Activity:

It is important to avoid strenuous physical activity and prolonged exposure to the sun for seven days following the surgery.

Other:

Refrain from smoking and drinking alcohol for at least seven days after surgery. Drinking alcohol and smoking or using tobacco can disturb coagulation, delay healing, and cause postoperative pain.