



Post-Operative Instructions Following Periodontal Surgery

After all surgery the most important factor that promotes healing is ***stabilization of the surgical site***. Thus, the surgical site must remain undisturbed for at least 10 days.

- 1) Take all prescription medicines as prescribed.
- 2) Take pain medication as needed after procedure. Specific instructions are listed on the back of this sheet.
- 3) Do **not smoke tobacco or marijuana** (Smoking will severely compromise the healing).
- 4) Apply Ice packs to surgical site to minimize swelling. 15 minutes on and 15 minutes off for the first day.
- 5) Eat soft foods and avoid chewing on surgical site.
- 6) Do not chew hard food on dental implant (screw) sites for 8 weeks.
- 7) No sucking from a straw or excess spitting. (This may dislodge materials)
- 8) Do not disturb the surgical site.
- 9) Do not attempt remove sutures or materials.
- 10) No heavy activity/exercise for 48 hours.
- 11) Minor bleeding and oozing from the surgical site will occur. If you experience excessive bleeding, call the office.
- 12) The day after surgery you may **gently** soak the surgical site with Listerine or Warm Salt Water for 30 seconds twice a day. Do not rinse vigorously. Do not use Peroxide.
- 13) A majority of stitches used are dissolvable. Typically loose stitches are not a major concern. Any stitches that remain will be removed at your follow up appointment.

Specific Instructions for Gum Grafting Surgery ONLY

1. A protective retainer may be made to cover the roof of your mouth.
This retainer is designed only for your comfort. You can wear this for eating and sleeping if you want. Wearing the retainer is solely at your discretion.
2. A protective bandage putty (pink in color) may be placed. This bandage is designed to dissolve and fall off on its own. Do not remove the bandage.

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Pain Management Instructions

Generally, a narcotic pain medication is prescribed following oral surgery. However, many patients find they do not require the stronger prescription medication for pain relief. Additionally, patients may experience side effects from these medications that include nausea, vomiting, drowsiness, dizziness, and constipation.

You should not drive and avoid consuming alcohol while taking narcotic pain medications.

The following is a regimen that minimizes or eliminates the need for the narcotic pain medications. We recommend that you follow the first level and move to the second level of pain management if needed for more severe pain relief.

Please call us if you have any questions or would like further clarification. We are always here for you.

The First Level of Pain Management (Mild to Moderate Pain)

- Take ibuprofen (Advil) 400 to 600 mg every four to six hours
- *Plus*
- Take Acetaminophen (Tylenol) 500 mg every four hours

The Second Level of Pain Management (Severe Pain)

- Take the prescribed pain medication as directed on the bottle
- Continue taking ibuprofen as instructed in the first level. **However, for when taking the prescription pill you no longer need to take the Acetaminophen (Tylenol). The prescription pain medication contains Acetaminophen (Tylenol).**

For example, you may take the following:

- 400-600 mg ibuprofen (two over-the-counter Advil) every four hours.
- One regular strength acetaminophen every four hours
 - **OR**
- One prescription pain medication every four hours
- Do not exceed 4,000 mg of acetaminophen per day.