

Northwest Periodontics & Dental Implants

◆ LASER ◆ Implants ◆ Sedation ◆



Stanley D. Halpern D.D.S, F.I.C.D Arwa ElMaraghi D.M.D., M.S.D.

220 Heritage Walk, Ste 102, Woodstock, GA, 30188

T: 770-928-6655 | F: 770-928-6656 | www.northwestperiodontics.net | nwperio@secureddds.com

Post-Op Instructions

First 48 hours following Day of Surgery:

Rest
Ice
Compress
Elevate
Drugs

- No strenuous exercise or activity.
- No hot beverages or food/soups. *Consume plenty of cold liquids and soft cold foods.*
- No smoking for a **MINIMUM OF 48 HOURS** following surgery.
- No carbonated beverages or drinking from a straw. *It increases the chances of bleeding.*
- Keep your head above your heart (elevated). Prop yourself up on pillows while sleeping.

Bleeding: If bleeding increases, apply gentle pressure to the area with cold wet gauze or a cold wet tea bag. *Iced tea and bananas help to decrease bleeding.*

Swelling: Some patients tend to swell and bruise more easily than others. To reduce the possibility of swelling and bruising apply an ice pack to the outside of the surgery area. **Ten minutes on, ten minutes off.** You can also drink cold liquids for swelling. After 48 hours you may switch to warm moist heat. You may also begin warm *mild* salt water rinses.

Brushing and Flossing: Use the extra-soft toothbrush you were given in your post-operative kit for brushing your teeth. Brush the biting surfaces of the teeth in the surgical area until you are able to comfortably brush and floss. You may brush and floss the other areas of your mouth as you would normally. Use the **Closys** rinse given in the post-operative kit AM and PM until gone.

Medications: If you are not taking a prescribed anti-inflammatory medication, take 400mg ibuprofen (Advil, Motrin, store brand) every 4 hours for 2 days after surgery. Take prescribed pain medication as directed. Do not take medication on an empty stomach; do not consume alcohol while taking pain medication. **DO NOT WAIT FOR DISCOMFORT BEFORE TAKING PAIN MEDICATION! IT IS EASIER TO PREVENT DISCOMFORT THAN IT IS TO STOP IT AFTER IT HAS BEGIN.** Please use Peridex/Periogard/Closys rinse, if dispensed, until you are directed to discontinue. **ALWAYS FINISH ANTIBIOTIC if one is prescribed.**

No hot beverages and hot foods for at least 48 hours after surgery. Warm foods are okay, soft cold things are best.

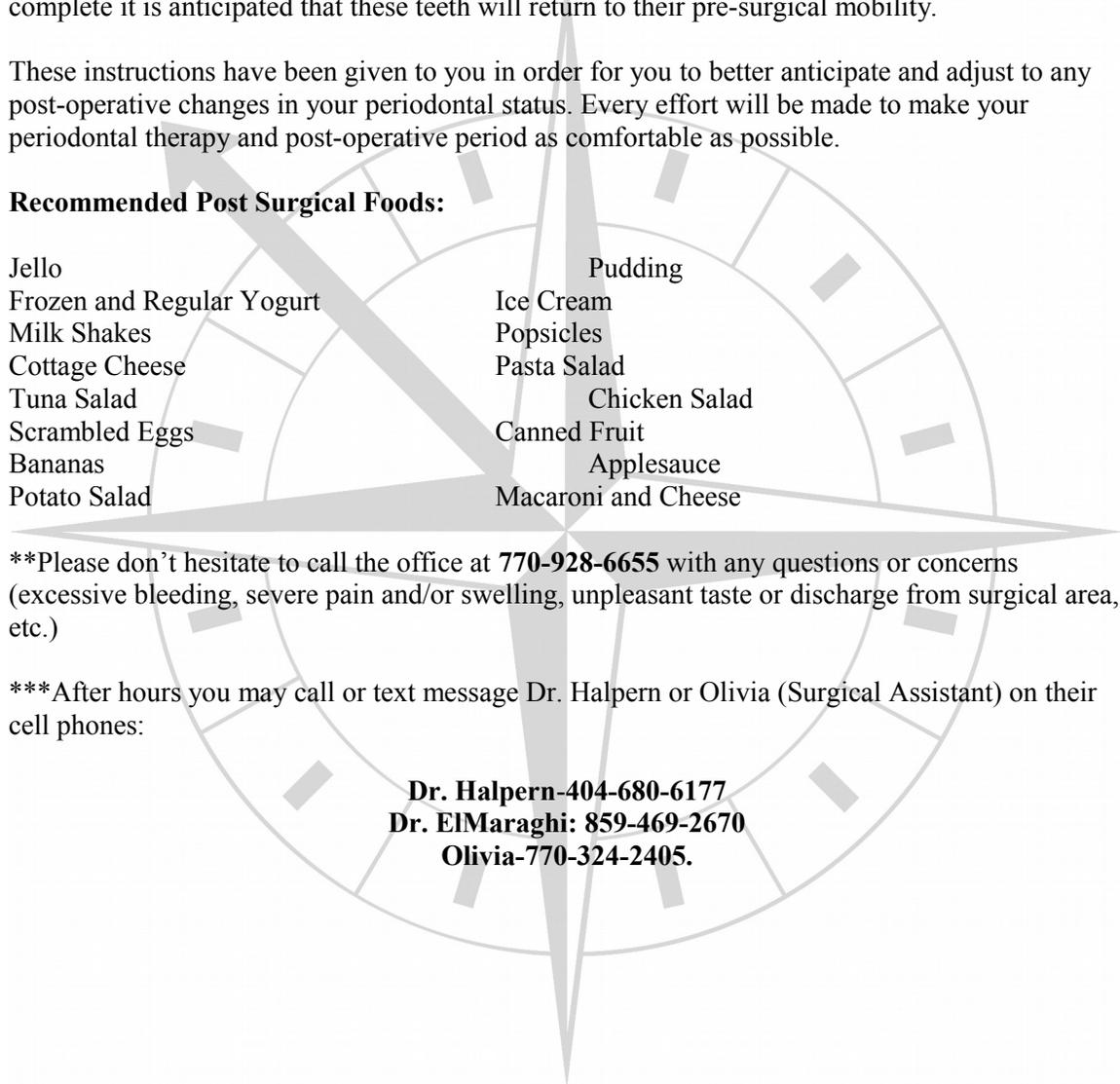
After periodontal flap surgery, the teeth may appear longer, or some root surface may show. This is due to the reduction of the pocket. Care will be taken to achieve as cosmetic a result as practical.

Sensitivity of the teeth or exposed roots may occur for a period of time (several days to months) after surgery. Efforts will be made to minimize this condition.

Mobility or looseness of some teeth may occur immediately after surgery. After healing is complete it is anticipated that these teeth will return to their pre-surgical mobility.

These instructions have been given to you in order for you to better anticipate and adjust to any post-operative changes in your periodontal status. Every effort will be made to make your periodontal therapy and post-operative period as comfortable as possible.

Recommended Post Surgical Foods:



| | |
|---------------------------|---------------------|
| Jello | Pudding |
| Frozen and Regular Yogurt | Ice Cream |
| Milk Shakes | Popsicles |
| Cottage Cheese | Pasta Salad |
| Tuna Salad | Chicken Salad |
| Scrambled Eggs | Canned Fruit |
| Bananas | Applesauce |
| Potato Salad | Macaroni and Cheese |

****Please don't hesitate to call the office at 770-928-6655 with any questions or concerns (excessive bleeding, severe pain and/or swelling, unpleasant taste or discharge from surgical area, etc.)**

*****After hours you may call or text message Dr. Halpern or Olivia (Surgical Assistant) on their cell phones:**

**Dr. Halpern-404-680-6177
Dr. ElMaraghi: 859-469-2670
Olivia-770-324-2405.**