

James W. Betancourt, DMD

INSTRUCTIONS FOR POSTOPERATIVE CARE FOLLOWING PERIODONTAL SURGERY

1. **Keep your mouth at rest** for the next 3 to 4 hours. You may have an occasional **cold** drink, but do not rinse or have anything hot. Please refrain from smoking for 48 hrs.
2. As soon as you get home, **apply ice**, in an ice bag or wrapped in a thin towel, to your face on the side where surgery was performed. Keep this on for 10 minutes and then take it off for 10 minutes. Repeat this routine as often as you can today. This will help keep the discomfort and swelling to a minimum.
3. If there is some oozing of blood, **do not rinse**. Take a piece of gauze and gently wipe away any blood clots that may have formed around the dressing or teeth. Then place a fresh piece of gauze over the area which seems to be bleeding and keep it there with moderate pressure for about 15 or 20 minutes. This should stop the bleeding. Do not rinse for at least 3 hours afterward. If bleeding continues, call the office.
4. For soreness or aching, you may use the medication prescribed, tylenol, ibuprofen, or other mild analgesic every four hours. Call if this does not control the pain. **Aspirin & ibuprofen should only be used in the absence of bleeding**. If you were prescribed an antibiotic, use as directed until all gone.
5. Have a **cool** liquid or soft diet today. Stay away from warm, hot things as they might prolong any oozing you may have. Starting tomorrow, you may have a normal diet, but do all your chewing on the opposite side of your mouth. If you have dressing over the wound area, do not chew where the dressing is--you may break it.
6. Brush your teeth normally and carry out your regular home care routine, **excluding** the area where there is dressing or the surgical area. You may brush the biting surfaces of those teeth gently.
7. **If** you have dressing and a small piece crumbles off, do not be concerned about it. If it leaves an irritating sharp edge, exposes some of the wound area or you experience bleeding or discomfort, notify the office. **(Not all cases require a dressing)**
8. If you have been given an anti-bacterial oral rinse like Peridex, start using the morning after your surgery following the directions on the bottle and use until released by the office.
9. **After 24 hours**, you may use warm salt water as a mouth soak. If there is still oozing of blood, **DO NOT RINSE**. Use one-half teaspoon of salt in one-half glass of warm, not hot, water. Bathe the surgical area until the salt water cools off. Empty and repeat until you have used all the solution. You may do this 3 to 4 times daily for one week. This helps healing and to firm & toughen the tissues. Do not use at the same time as your anti-bacterial rinse.
10. **IF YOU HAVE ANY CONCERNS OR IF THERE IS ANY COMPLICATION NOT COVERED HERE, PLEASE CALL THE OFFICE (772) 567-5981. FOR AFTER HOUR EMERGENCIES ONLY, CALL THE OFFICE (772) 567-5981, LISTEN TO THE MESSAGE- THEN DIAL "0" TO REACH DR. BETANCOURT DIRECTLY.**