

INSTRUCTIONS FOR PATIENTS AFTER PERIODONTAL SURGERY

REST: You will feel best if you relax the rest of the day. If you like lying down, keep your head slightly elevated.

ICE: You can minimize swelling by sipping on ice chips during the first six hours after surgery. The swelling should mostly disappear by the fourth day following the surgery.

MEDICATIONS: Soreness is expected after the numbness wears off. Take one naproxen every eight hours today and tomorrow. If after taking the naproxen it is still too uncomfortable, then take the hydrocodone. Continue taking the naproxen as directed only taking the hydrocodone every four to six hours if needed. If you have been given an antibiotic, be sure to take it until all the tablets or capsules have been used. If nausea, itching skin, or a rash develops, stop taking the medicine and call the office.

EATING: Drink plenty of fluids and maintain an adequate diet, rich in protein. You will naturally avoid, especially at first, hard or tough foods and heavily spiced or acidic foods. Experiment with eggs, ground beef, fish, cooked cereals, and soup. Anything that doesn't hurt is all right. Avoid smoking and the use of alcohol.

BLEEDING: A little blood in the saliva for a few days is normal. Call the office if you have large amounts of blood in your mouth.

MOUTH CARE: Brush and floss all teeth not in the surgical site(s). Because you cannot clean ideally, rinse gently twice a day after meals with the prescription rinse chlorhexidine gluconate 0.12% (Peridex).

WARM SALT WATER: Twenty-four hours after the surgery, start rinsing with salt water (one half to one teaspoon salt in eight ounces water) every two hours. The water should be quite warm, almost hot. Do not rinse vigorously, but rather hold some water in the area of the surgery until it cools. Repeat.

EMERGENCY CARE: Any questions, please call 293-8833 or you may reach Dr. Manwaring at (435) 659-1211, or Dr. Summerhays at 268-4436 or 556-3904. You may also consult with your general dentist, or a dental emergency service in the yellow pages, or the hospital emergency room.