



ADVANCED PERIO

MICROSURGERY + IMPLANTOLOGY OF SEATTLE

Emergency? Call 206-223-1501 and follow the prompts to be connected to your doctor.

Pre-operative instructions

*Please review these instructions carefully **prior** to your procedure. Following them will make your post-operative course more comfortable and help avoid any unnecessary complications. If you have any questions, please contact our office.*

Medications

Please pick up your medications from your pharmacy prior to your procedure. Review the instructions on the bottle and if preoperative medications have been prescribed, please remember to take them as directed. Aspirin is to be discontinued 5 days prior to, and other NSAIDS 48 hours prior to surgical treatment. Make sure that any routine prescriptions, such as blood pressure medications, are taken as normal.

Food

Eat a light meal a couple of hours prior to your surgery. Having food in your stomach can help prevent nausea from the medications given for your procedure. An exception would be if you are having IV sedation, then food or milk products should not be taken 8 hours prior to surgery.

Post-operative instructions for all surgeries:

Discomfort

The local anesthetic will wear off within 1 to 4 hours following surgery. It is important to take your pain medication prior to discomfort. If you have been prescribed ibuprofen for pain, please take it every 6 hours. If it is insufficient for your pain level, you may add Extra Strength Tylenol (1000mg Acetaminophen) every 6 hours, staggering doses with your ibuprofen so you take a pain medication every 3 hours.

Ibuprofen → 3 hours → Tylenol → 3 hours → Ibuprofen → 3 hours → Tylenol → etc.

Next ibuprofen dose: _____

If your pain is not controlled with the medications, please call our office.

Swelling and Bruising

You may experience some swelling following surgery and it often takes 3 days before it reaches a maximum. Bruising may also occur, including

beneath your eye. To decrease this, ice packs can be applied outside of the face over the area of surgery for 10 minutes at a time 4-5 times throughout the day. Please avoid holding ice on for more than 10 minutes to prevent frostbite. If swelling continues to increase after day 4, or if you have a bad odor, taste, or pus coming from your surgical site, please contact our office as this may be an infection.

Bleeding

Do not rinse vigorously in the first few hours as this may disrupt the coagulation process. Slight bleeding may continue for 48 hours. This is not unusual and is no cause for alarm. Crimson-colored blood clots ("liver clots") with a gelatinous consistency may collect near your surgical site. These may be wiped away with gauze or left to wash out on their own.

If excessive bleeding occurs, take a moist piece of 2x2 gauze or gauze soaked in a black tea solution

(a tea bag will also work) and apply constant, firm pressure over the bleeding area for 10 minutes. An exception is an area that received a gum graft, which should not be disturbed. If you are still concerned about bleeding after following these instructions, please call our office.

Oral Hygiene

Week 1: Avoid brushing the surgical sites but remember to keep the remainder of your mouth clean. If you were prescribed a mouth rinse, you should use it for the first week twice a day and stop after that. A salt-water rinse (1/2 tsp of salt in 1 cup of warm water) can be used 3-4 times a day to reduce soreness.

Week 2: You may begin gentle toothbrushing with a soft toothbrush in the surgical site. Brush only the teeth and do not brush the gums. Flossing may be resumed without strong pressure on the gum area.

After 4 weeks: You may resume Electric toothbrush use. However, do not use an Electric toothbrush on the metal healing cap placed on a dental implant.

Nutrition

Avoid hard, chewy or spicy foods for the first week as well as foods with small seeds. Acidic foods (orange and grapefruit juice) may sting. Cold, soft foods like ice cream, Jell-O, pudding, yogurt and milkshakes are ideal during the first 36 hours. Anything hot can make the surgical site bleed. Warmer temperature foods are fine after 36 hours. Avoid straws, vigorous rinsing, spitting forcefully. Concentrated alcoholic beverages and smoking should be avoided for the first few days.

Exercise

Get plenty of rest and avoid strenuous activity for 72 hours following your surgery.

Sutures

Sutures (stitches) are used and are selected based on the type of surgical procedure performed. Some sutures are resorbable (dissolvable) and may come out a few days following surgery. Do not be alarmed by this. If they come loose and are bothering you, you may carefully trim them, or let them dissolve and fall out on their own.

Applies to some surgeries:

Periodontal Dressing

You may have a plastic-like material, a periodontal pack, around your teeth following surgery. This acts as an oral bandage. It may come off after a few days. If it remains in place, we will remove it at your post-operative appointment. You can brush this area gently to keep it clean.

Palatal Stent

For some procedures, you will be given a plastic guard to protect the roof of the mouth. Please wear this constantly for 48 hours. After 48 hours, we recommend that you wear it as much as possible until the palate heals, but you may remove it to rinse your mouth, clean the stent (with soap and water), or clean your teeth.

Gum Graft Specific Info

If you had soft tissue grafting ("gum grafts") completed, it is normal for the appearance to change during the first week. The graft may appear white and then red. Do not judge its success during the first 14 days but let us evaluate the graft at your post-operative visit.

Implant Specific Info

If you notice any looseness of the metal cap on your implant, please contact us ASAP to avoid it coming off the implant. If you have any numbness remaining in your lip after 24 hours, please contact our office.

Emergency? Call 206-223-1501 and follow the prompts to be connected to your doctor.