

POST OP INSTRUCTIONS FOR ALL PERIODONTAL PROCEDURES

Things to avoid:

- SMOKING!
- Chewing or eating solid foods until your numbness has completely worn off.
- Using a straw or do anything that creates negative pressure in your mouth (sucking effect)
- Pulling on your cheek and lip to look inside. This can tear the sutures and opens the surgical site!
- Spitting, or vigorously rinsing (swishing) your mouth.
- Applying excessive pressure with your tongue or finger will disturb healthy healing.
- Brushing the first two weeks aggressively, instead dip your toothbrush in the medicated rinse and gently brush your teeth starting 4-7 days after surgery or as suggested by your surgeon.
- Heavy exercise for the first two weeks. No yoga, aerobics, swimming, running, cross-fit, etc.
- Hot, spicy, or acidic foods (orange juice, tomatoes, salsa) for one week.
- Drinking extreme temperature liquids (hot or cold)
- Eating sticky foods and small seeds, (i.e., peanut butter, quinoa, strawberries, chia seeds for two weeks)
- Drinking alcohol for one week or if you are taking the prescribed narcotics.
- Take aspirin products or blood thinner without discussing with your surgeon
- Using any non-prescribed rinses or apply Aspirin to the surgical site in your mouth
- Using an electric brush or a Waterpik® until approved by your surgeon or physician.
- Drinking dark color drinks (i.e., tea, wine, soda, coffee) while using the medicated rinse which causes staining

Things you should be doing:

- Keep the medicated gauze in the surgical area for 30 minutes following surgery.
- Place an ice pack on your face (20 min on & 20 min off) repeat as much as possible for the first 24 hours.
- Try to stay still for the first 24 hours. Sleep in an elevated position for the first few days. Use an extra pillow or two behind your back and neck.
- Please rinse gently with prescribed mouth rinse after 24 hours for 30sec, then let it flow out of your mouth. Do not swish or spit! Repeat a prescribed number of times per day, not more.
- Rinse as mentioned above after meals with warm salt water (1/2 teaspoon of salt in an 8 oz. glass of warm water).
- Chew on the side opposite to your dental treatment. Eat only soft foods until directed by your surgeon.
- In case of persistent bleeding, use a Lipton® (black tea) bag soaked in cold water and apply consistent gentle pressure to the surgical site or use clean moist gauze or paper towel.
- Take all prescriptions as directed. Call your surgeon at the below number if unsure about anything.

Common concerns:

- You can expect to find small particles in your mouth for the first week.
- Oozing of blood is normal for the first 24 hours and after eating.
- Depending on your treatment, swelling is normal. Swelling peaks mostly on the 3rd day and starts to go down on the 5th day.
- You may notice shrinkage of the gum tissue, additional spacing, the exposed margin of crowns, and food trap areas between your teeth after the surgery. This is a common side effect of the surgery.
- You may notice increased sensitivity to hot and cold temperature food and drinks.
- You may experience some tooth discoloration and stain from the use of the medicated rinse. The stains are fully reversible and can be removed with a cleaning appointment.

Foods to eat:

- Soft or blended foods (i.e., yogurt, ice cream, pudding, Jell-O®, applesauce, Ensure® or protein shakes, scrambled eggs, noodles, mash potato, flakey fish, etc.)

Foods to avoid:

- Sticky foods, (i.e., peanut butter, candy bars, seedy food (strawberry, quinoa, poppy & flex seeds popcorn). Avoid hot and spicy foods and soups

Additional instruction if you had a Sinus lift:

DO NOT: for the next four weeks, blow your nose, scuba dive, fly, skydive, pinch your nose when sneezing, lift heavyweights, blow balloons, or play instruments that you have to exhale through your mouth.

DO: Use a nasal decongestant like Afrin® or Sudafed® if you are stuffed up or have a runny nose.

If you had an implant and the healing abutment comes off, do not worry; save it and bring it with you to see the periodontist.

Call your surgeon if any unexpected or unusual flow of air or liquids between your mouth and nose, excessive nosebleed, or presence of bone particles green/yellow nasal discharge.

Additional instruction if you had any type of tissue (gum) grafting:

DO NOT: pull on your lips or cheek to look at the graft, do not bite on any hard foods (i.e., apples, carrots, and hard bread)

Donor Area:

Please do not brush or floss the surgical site for one week. Gently rinse with the prescribed medicated rinse only for the week. After the first week, you can start gently brushing with an extra soft manual toothbrush and resume flossing.

Grafted area:

Please do not brush or floss the surgical site for four weeks. Gently rinse with the prescribed mouth rinse 2X/a day for the first week. After the first week and for three weeks, gently clean and dab around the surgical area using a Q-tip® dipped in the medicated rinse. When rinsing, do not aggressively swish around, hold the rinse in your mouth for 30 seconds and let it drool out. If needed, you may brush the chewing surfaces of the teeth on the surgical side starting a week after the surgery. Please do not directly brush the gums.

More prolonged or more frequent use of the prescribed mouth rinse may lead to increase staining of teeth. You may resume very gentle oral hygiene: brush with an extra soft toothbrush (non-electric) and gentle flossing after four weeks. Do not use any other mouthwashes.

Please wear your stent (surgical bandage) for 48 hours straight without removing it. After the 48 hours, remove, rinse mouth, and stent and place it back in the mouth. You will need to heat the stent for the first week after the procedure. Eating with the stent in the mouth prevents disturbing the site and promotes a smoother healing process.

Additional instruction if you had crown lengthening surgery:

You may feel the gum line to be lower than the crown. You may have more sensitivity to temperature if the tooth is not root canaled. You may get more food stuck between your teeth post-treatment. All these symptoms are a normal part of healing.

Use Sensodyne toothpaste until the sensitivity subsides. You can gently remove food particles between your teeth by rinsing with salt water or using a toothpick or Proxa® brush (interdental brush). If your temporary crown falls off, try to come back to the office and have it recemented within 24-48 hrs.

Notify the office or your surgeon:

- If several sutures fall out within the first two days
- If a membrane or gum graft that have been placed should loosen within the first few days
- If a large number of particles are lost from the bone graft surgical site
- If your medications do not relieve your discomfort or still have severe pain after one week.
- If you start having a bad taste or bad smell in your mouth, unusual swelling, or fever.
- If you have an adverse reaction to any of the prescribed medication, (rash, diarrhea,) stop and call your surgeon
- If you have an anaphylactic reaction and have difficulty in breathing, call 911 right away

Thank you for trusting us with your dental health. We hope that you have a quick and uneventful recovery.

Dr: _____ Emergency #: _____ Office # _____

Virtual Post Opt Appointment:

Due to Covid-19 and recommendation to stay home and stay safe, we will be making your next post-op appointment virtually by video conferencing for your convenience. Please follow the instructions below:

- Either go to your phone's App Store and download the "Dentulu Teledentistry Patients" App for free or use your computer by going to <https://app.dentulu.com/>. This teledentistry app will allow us to communicate and video chat on a secure platform. You can also open your telephone camera and point to the image below, which will take you directly to the app download.



- Download Dentulu then register your account and verify your email
- Login to the App and go to VIRTUAL APPOINTMENTS OR ADD/FIND MY DENTIST
- Click Schedule a Call with my Dentist
- Use code _____ or Type in _____ in the search box and click confirm.
- Use code _____ in Payment Method in the Coupon/Dentist Code box. Your fee will be \$0



- Select yourself under Patient Name
- Select "Pay By Insurance," skip the requested information (**DO NOT** put in any insurance information)
- Update your health history and sign the consent forms.
- Select a Date and Time convenient for you and your doctor, then confirm the appointment
- If you have any problems with the App, please call Dentulu Helpline (888) 905-0226

Dr: _____ Emergency #: _____ Office # _____