

Dr. Long's cell # 778-288-9877

Post-op instructions after today's procedure

1. **DAY OF SURGERY:** Physical exercise increases blood flow to the surgical site and promotes post-operative bleeding, therefore you should **avoid all strenuous physical activity for 48 hours after the procedure**. On the day after surgery you may resume your normal activities with the **exception** of heavy exercise.
2. **PERIODONTAL DRESSING:** Periodontal dressing is used after surgery to protect a surgical site. It should remain in place until your next appointment when it will be removed. Small particles of the dressing may chip off, but this is of no consequence unless it causes discomfort. Please do not brush the area where the dressing has been placed. The dressing/protective pack on the roof of your mouth/palate is **purely for comfort** and it is **not necessary** for it to stay for **more than 48 hours**. If this pack falls out and it **is not painful** it is of no long term consequence.
3. **PAIN:** You may feel some discomfort when the anesthesia disappears, and for a day or two afterwards. Ibuprofen (such as Advil) or other anti-inflammatory or pain medication may provide adequate control of the pain. Aspirin and aspirin compounds interfere with blood clotting and therefore are not recommended. Antibiotics are sometimes prescribed to avoid post-surgical infections. **Please take all medications as prescribed and follow exactly the instructions given on the label.**
4. **SWELLING:** In some cases swelling is to be expected. To help alleviate this, ice packs may be applied to the outside of the face over the surgical area – ½ hr. on and ½ hr. off for the first 6 or 8 hours. Swelling is a normal part of the healing process and may persist for 2-4 days. If you are concerned after this time please contact the office.
5. **BLEEDING:** Do not be concerned if traces of blood are noticed in the first couple of days after surgery. **DO NOT rinse the mouth vigorously for 48 hours** as disruption of the clot may occur. If you have any concerns regarding bleeding you should call our office.
6. **ORAL HYGIENE:** Meticulous oral hygiene (brushing, flossing etc.) should be continued in all areas of the mouth except in the area of surgery. Chlorhexidine rinse may be prescribed for you to make your oral hygiene easier after the surgery. **Please follow the instructions given.**
7. **CHLORHEXIDINE:** Antimicrobial oral rinse. Rinse full strength with 5-10 ml (1 cap full) **for one minute twice daily (last thing at night essential)**. For best results do not eat or drink for 10 minutes. Do not swallow.
8. **WARM SALT WATER RINSES:** **After 2-3 days:** After mealtimes and before bed. Gently flush the area with warm salt water for 30 seconds to 1 minute.
9. **NUTRITION:** **Observe a soft diet for the week** after surgery. **Avoid** chewing on the surgery site, you can chew on the opposite side. Avoid extremely hard or spicy foods.