altura
PERIODONTICS
THE HEART OF TREATMENT

POST SURGICAL INSTRUCTIONS

These instructions are designed to advise you of procedures that will aid in promoting comfortable healing and inform you of situations that may possibly require special attention.

DISCOMFORT

It is not unusual to have a certain amount of discomfort for a few days following your surgery. In many instances two Tylenol or Advil tablets taken every three hours will be sufficient to relieve discomfort. Do not take aspirin as it prolonge bleeding. You will be given a prescription for a more potent medication to enhance a mild post-surgical recovery period. The first dose should be taken as soon as possible after the surgery, then using this medication every 4 hours as needed to control discomfort. The medication may be taken with food to prevent nausea.

SWELLING

Minor swelling may follow your surgical procedure. To minimize swelling it is advisable to place an ice pack over the area, 20 minutes on and 20 minutes off for the first 24 hours. Start the ice pack application as soon as possible following surgery. Also hold cold water with ice chips in your mouth when the ice pack is not in place for the remainder of the day. Try not to rinse on the day of surgery because this may disturb the blood clot. The swelling or discoloration may continue for 2 or 3 days after surgery and then subside. If after the second day swelling continues, heat may be applied to the involved area in the form of wet or dry compresses as often as is convenient.

BLEEDING

You can anticipate some oozing or slight bleeding for the first day. A small amount of bleeding is all that is necessary to discolor your saliva. This oozing is normal. If continuous bleeding occurs, it may be controlled by placing a moist fresh tea bag over the area with constant pressure for 20 minutes (repeat if necessary).

POSTURE

Keep your head in an elevated position for the first 2 days following surgery. Sleep with a few pillows behind you. Maintaining an up-right position will help reduce swelling.

DIET

Try to eat on the side of the mouth where surgery was not performed. Stay on a cold liquid diet the day of surgery (milk shakes, instant breakfast, etc.). The day following surgery begin eating soft foods until gradually returning to your normal diet. Adequate nutrition is essential for healing. Avoid drinking foods that are spicy or acidic and carbonated beverages for at least 3 days. Foods such as popcorn, nuts, granola and small seeds should be avoided for the first month.