



0400002

PLACE LABEL HERE.

IF LABEL NOT AVAILABLE, WRITE IN PT NAME & MR#

**DEPARTMENT OF DENTISTRY
WHAT TO DO AFTER PERIODONTAL SURGERY**

1. SPECIAL INSTRUCTIONS

- BLEEDING:** A small amount of bleeding for several hours after surgery is normal. A very minute amount will turn an entire mouthful of saliva red. If excessive or continuous bleeding occurs, please call the clinic for assistance.
- PAIN:** If pain medications have been prescribed, they may be taken as soon as you arrive home. Because you have had surgery, some post-operative discomfort may be present, even with your prescription. Some pain medicines may make you a little groggy and can slow down your reflexes. Suddenly sitting up or standing may make you feel dizzy. Driving, making important decisions or operating machinery should be avoided while taking your pain prescription. Pain medications should **NOT** be taken on an empty stomach.
- SWELLING:** Swelling following periodontal surgery is normal and may continue for several days. However, if fever develops, please call. To help control swelling, an ice pack (or plastic sandwich bag filled with ice and wrapped with a damp washcloth) may be placed on the cheek for 15 minutes on, 10 minutes off over 3-4 hours.
- ANTIBIOTICS:** If you have been given a prescription of antibiotics, you **MUST TAKE ALL** the tablets as prescribed.
- DRESSING:** The periodontal pack, if placed, should stay in place until you return. Small pieces may break and become dislodged. This loss is not a problem unless the surgical area is extremely sore. If so, please call the clinic for assistance.
- EATING:** Do not drink any alcohol while taking pain medications. Unless otherwise instructed, it is usually more comfortable to limit the diet to cold, soft foods during the first 96 hours (4 days). A food blender or food processor can be very helpful. Highly acidic or seasoned foods can cause burning sensations. It is very important to maintain your normal fluid intake. Maintain a balanced, high protein diet as soon as it is comfortable. **DO NOT MISS MEALS OR GET DEHYDRATED.**
- TOOTH SENSITIVITY:** Occasionally after surgery, teeth may become very sensitive, especially to cold food and drink. See the oral hygiene instructions below.
- ORAL HYGIENE:** Starting the evening of the day of your surgery, brush and floss all areas except the surgical site. You will have a prescription for an anti-plaque mouthwash for use twice daily. Follow the instructions on the label. The mouthwash will last for 16 days. Please **USE IT ALL.**
- SUTURES:** You will be advised if sutures were placed that need to be removed. Some sutures are reabsorbable and are not to be removed. Please don't attempt to remove them yourself. You may compromise the healing.

These instructions will help to make you as comfortable as possible.

If you have any questions, call **434-924-1774 (toll free 800-251-3627, ext. 4-1774)**, 8:00 a.m.-4:30 p.m., Monday-Friday.

After hours or weekends, call the Emergency Room, **434-924-2231**, and ask for the Dental Resident on call.

I have been given and understand the above information _____
(PATIENT/RESPONSIBLE ADULT SIGNATURE)

Reviewed by _____ Title/PIC _____ Date/Time _____

If Translated: INTERPRETER ATTESTATION (when applicable)
Translation has been provided by: _____ Date/Time _____
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Recibi una copie traducida de este documento. Patient Initials _____
(I received a translated copy of this document) Form # _____