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POST-OPERATIVE CARE

CARE OF THE MOUTH:

Brushing and Flossing: Begin brushing and flossing the areas not operated on the day following surgery. **AVOID THE SURGICAL SITES** until given specific brushing instructions at your post-operative visit. You may notice a white film over the surgical site. This is completely normal.

Mouthwash: Use the prescribed mouthwash twice daily beginning the morning after surgery until instructed to discontinue. The mouthwash may superficially stain your teeth and tongue, but this is easily removed when we clean your teeth.

Electric toothbrushes: DO NOT use an electric toothbrush for six weeks following surgery.

Water Pik: DO NOT use a Water Pik for at least six weeks following surgery

EATING:

First 24 hours: Adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to **COLD LIQUIDS**. Dietary supplements such as Ensure or Instant Breakfast are good choices. **AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, AND DRINKING THROUGH A STRAW.**

After 24 hours: Gradually progress to soft foods such as cooked vegetables, baked fish, tuna, pasta and meatloaf, which are easily chewed and swallowed. **DO NOT SKIP MEALS.** If you take nourishment regularly, you will feel better, gain strength, have less discomfort, and heal faster.

MEDICATIONS:

Pain medications: Take pain medication within one hour after treatment, with milk, fruit juice or a full glass of water. Remember, it is much easier to prevent pain before it starts, than it is to stop it after it has begun. Never take pain medication on an empty stomach. This medication may be repeated every three to four hours as needed for discomfort. Avoid driving, or operating machinery while under the effects of the prescribed pain medication; the medications may make you drowsy. **DO NOT USE ASPIRIN** or products containing aspirin following surgery. Aspirin can contribute to bleeding problems. Non-aspirin pain relievers such as Advil or Motrin are acceptable.

Antibiotics: Take prescribed antibiotics as directed until all have been taken.

Steroid Dose-pak: If prescribed, take as directed. If the appointment is late in the day, it is important to take all six tablets the day of the surgery.

ACTIVITIES

Rest: Plan to rest at home the remainder of the day of surgery and the following day. You may read, watch TV or work at your desk at home. When sleeping, elevate your head to decrease swelling.

SWELLING

Ice packs: Some swelling usually occurs after periodontal surgery. To minimize this, you will be advised to use ice packs. Place the ice pack on the outside of your face over the treated area for 10 minutes. Then take it off for 10 minutes. Continue to apply ice packs as much as possible the first 24 hours after surgery. Swelling tends to peak at 48–72 hours.

Elevation: Keep your head and shoulders elevated for the first two days, either in a recliner or with a few extra pillows under your shoulders and head. This, too, will help decrease swelling.

BLEEDING

Slight bleeding or oozing is normal during the first 1–2 days following surgery. If excessive bleeding occurs, please call our office.

SMOKING

DO NOT SMOKE for at least 3 weeks after surgery. Smoking is detrimental to healing tissues and will affect the results of surgery. If you can stop smoking for three weeks post-operatively, you may as well quit altogether. Also, avoid alcohol for the first five days following the surgery.

SUTURES

Resorbable: The resorbable sutures usually used will be resorbed by the time you return for your post-operative visit. Do not remove them yourself.

Non-resorbable: If non-resorbable sutures were placed, they will be removed at your next post-operative visit.

**** It is our sincere desire that you are as comfortable as possible following the surgery. If you should have any questions or problems, please do not hesitate to call our office, or page me ****