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Biltmore Periodontics

POST OPERATIVE CARE INSTRUCTIONS

Medications- Please carefully follow directions for medications. Take all medications with a full glass of water. If at any time you should become nauseous or experience itching or a rash while on medication, discontinue the use of all medications and contact our office.

Dressing- The periodontal dressing is placed for your comfort. To facilitate the retention of this dressing, avoid chewing or cleaning in this area. Should the dressing become loose, gently remove it with a toothpick. If the dressing comes off and you are comfortable, rinse gently with a mild salt water solution or diluted mouth rinse, but avoid mechanical brushing and flossing. If the dressing comes off and you are uncomfortable, please call our office.

Bleeding- There will be a minimal amount of oozing for the next 24 hours. If you experience continuous or sudden bleeding, you should rinse with ice cold water several times and then apply a wet tea bag with firm pressure directly on the area. If bleeding does not stop within 15 minutes, call our office. To minimize the chance of a bleeding problem we suggest that you not smoke, spit or use a drinking straw for the first 24 hours. Keeping your head elevated for the first 6 hours after surgery will also minimize bleeding.

Diet- You should eat a well balanced diet, consisting primarily of soft foods which are easier to chew. Eggs, soft meats, fish, mashed potatoes, jello and puddings for the first few days will be easily managed and will not dislodge the dressing. Food supplements (Metrical, Nutrament, etc.) are also excellent. Please avoid nuts, popcorn and other crunchy food following surgery. We suggest that you not bite directly into hard foods such as apples, carrots or hard breads following surgery.

Swelling- A slight amount of swelling is normal and may last for the first 2 or 3 days after surgery. Swelling can be minimized by the application of an ice pack over the operated area as soon after surgery as possible. Alternate the ice for 15 minute intervals (15 minutes on/15 minutes off) for the first 3 to 4 hours after surgery.

Oral Hygiene- It is important that you maintain your mouth in a clean state. Although you should avoid the surgery area, treat the remainder of your mouth with the same high level of care which you have shown in the past. If a medicated mouthwash was prescribed, please use as directed. If no mouthwash was prescribed, gentle rinsing with warm salt water can be initiated on the second day following surgery.

General- The post operative periodontal procedure should be uneventful and comfortable. Do not exert yourself for the first few days and follow the instructions above and you should find that no post operative problems will develop. Please call us if you have any questions **828-274-9440**.