



Biltmore Periodontics

DR. WILLIAM J. CLAIBORNE • DR. JENNIFER L. BOYLAND

HOME CARE INSTRUCTIONS - WEEKS 1 AND 2

REST:

Quiet rest these next several hours will insure early, comfortable and complete healing. This is the time to be good to yourself and be pampered. You deserve it! Avoid excessive exertion of any type for at least 48 hours. Golf, tennis, swimming, should be postponed for a few days after surgery.

COMFORT & MEDICATIONS:

You can expect to have discomfort when the anesthetic wears off. We suggest that you take a pain reliever before the numbness begins to wear off so that the transition will be smooth.

For pain management we recommend alternating 600 mg Ibuprofen (three over the counter pills of Advil/Motrin) and 500 mg Tylenol, every three hours (ex. 600 mg Ibuprofen at 3:00 PM, 500 mg Tylenol at 6:00 PM, 600 mg Ibuprofen at 9:00 PM etc.).

You have been prescribed a prescription strength pain medication. Be sure to take this with food and do not drink alcohol while taking this medication. Do not take Tylenol while taking this medication. You may supplement with Motrin, alternating every 3 hours between medications.

You have been prescribed an antibiotic. It is important to take it conscientiously as directed until all are gone; stopping an antibiotic in the middle, you can actually do more harm than good. Be sure to take with food.

BLEEDING:

Some oozing of blood from the surgical site is normal during the first twenty-four hours so do not be alarmed. Remember, a little bit of blood mixed with saliva can seem like a lot. It is normal to have pink-tinged saliva for the first couple of days post-surgery. It is very important to avoid the 4 S's for the first 48 hours: Smoking, Spitting, Straws, Swishing aggressively.

If bleeding persists and your mouth is filling with red blood, try to locate the area that it is coming from. Sit quietly, soak gauze or a tea bag in ice-cold water, place the gauze/tea bag on the site, form a "U" and with the thumb and index finger, apply firm pressure to both sides of the dressing for 20 minutes. Be sure to leave it in place for the full 20 minutes.

If you are unable to control the bleeding in this manner, give us a call right away. It is also helpful to sleep with your head elevated by a couple pillows for the first night after surgery. You may want to place a towel over your pillow in case you are still having a little bleeding.

Sutures/Membranes

The sutures you have are non-resorbable and will be removed in 1-2 weeks

The sutures you have are resorbable and do not need to be removed. They will dissolve on their own in 7-10 days.

There is a non-resorbable membrane that will be removed in 2-4 weeks

There is a resorbable membrane that does not need to be removed. Your body will naturally resorb it.



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HOME CARE INSTRUCTIONS - WEEKS 1 AND 2 *(Continued)*

SWELLING:

You may experience some swelling of the face or jaw around the surgical area. It may start during the first 24 hours, last a few days then begin to subside. This too is a normal defense mechanism and is no cause for alarm. Swelling peaks on day three post surgically.

To help prevent swelling, place an ice bag on your face outside the surgical area during the first 24 hours after the procedure. Leave it on 15 minutes, off 15 minutes then back on, etc. After the swelling has reached its peak in 3 days, warm compresses can be applied to speed the recovery.

Some patients tend to bruise on the cheek adjacent to the surgical area; this is normal. If swelling or bruising persist and concern you, do not hesitate to give us a call.

SMOKING:

We **STRONGLY** advise against smoking after surgery. Smoking delays healing, increases discomfort, and may encourage bleeding and infection in the surgical site.

DIET:

A good, nutritious diet is extremely important for healing and your overall comfort. Avoid eating on the treated side and be sure to avoid nuts, chips, popcorn, pretzels, and hard candies. Drink plenty of fluids but avoid hot liquids the first day; cold liquids are encouraged. A soft diet is recommended for the first week. Remember, adequate nutrition is essential for feeling better as well as for healing. When preparing a post-op menu, consider some of the following choices:

- **Day 1:** milkshakes, applesauce, smoothies, Ensure/Boost, lukewarm soup, Jell-O, pudding
- **Days 2-7:** eggs, cooked cereal, yogurt, bananas, pancakes, cottage cheese, macaroni and cheese, soups or stews, pasta, mashed potatoes, noodle casseroles, meat loaf, baked fish, chicken and dumplings, ice cream
- **Days 7-14:** regular diet, but still avoiding- nuts, chips, popcorn, pretzels, hard candies

ORAL HYGIENE:

Do not brush or floss the surgical area, but you can continue normal brushing and flossing in the rest of your mouth with a very soft bristle toothbrush. Do not use a waterpik.

After 24 hours, you may begin to clean the treated area with a cotton-swab soaked in the Peridex rinse that was given to you. Do this at least twice a day to remove any plaque or food debris from the teeth and stitches.

Rinse with salt water at least 4 times a day. Warm salt-water rinses are made with 1/8 teaspoon of salt in an 8 oz glass of warm water. Rinse for 30 seconds, let fall out of your mouth, rinse for another 30 seconds, let fall out of your mouth... repeat this process until 3 minutes have passed. Salt water is your friend for the first two weeks!