

POST OPERATIVE INSTRUCTIONS

1. No brushing or flossing tonight. Rinse with warm water only.
2. Keep gauze in mouth for 15 min. If bleeding continues, apply a **damp caffeinated tea bag** directly to the site. This should help with clotting.
3. **DO NOT BRUSH OR FLOSS TONIGHT!** Brush and floss all teeth, except the surgical area starting tomorrow. Start using prescription mouth rinse, 2 times/day, morning and night starting tomorrow morning. Very **GENTLY** swish with rinse and gently spit out. Do not eat or drink for 30 min after rinsing. Finish bottle (should last about 2 weeks)
4. No heavy exercise for 1-3 days
5. No pulling lip to look at surgical area. No eating on that side for 2 weeks.
6. Avoid all crunchy hard food (no popcorn, chips, nuts, hard breads, etc.). Eat soft foods (such as rice, pasta, fish, yogurt, soup). Chew on opposite side for 2 weeks.
7. No drinking out of a straw.
8. If you take any blood thinners, discuss with periodontist.
9. Sutures will dissolve on their own in 10-14 days. Please do not pull them!
10. No smoking
11. Rest an ice pack against your cheek, 20 min on, 20 min off for 24 hrs to minimize swelling.
12. IF any type of sinus surgery was done, no blowing your nose for 2 weeks. Use OTC nose sprays (i.e., Afrin) or decongestants (i.e., Sudafed) if needed to prevent nasal congestion.
13. Take all prescribed medication as directed:
 - **Antibiotics** are to be taken with at least 8 oz. of room temperature water for 7 to 10 days. If nausea, diarrhea, vomiting or rash occurs as a result of the antibiotic, please stop taking the medication and contact the office immediately.
 - **Pain medication** may be taken with food to minimize nausea. Most discomfort can be managed with OTC pain medications: 400 mg of ibuprofen (2 Advil or 2 Motrin) may be taken with 325 mg of acetaminophen (1 Tylenol) to effectively control pain 3 times per day. If narcotics (Vicodin, Percocet, etc) are prescribed, no driving or alcohol while taking the medications.
 - **Rinse:** If a rinse has been prescribed, swish ½ ounce for 1 minute twice a day after breakfast and just before bed starting 1 day AFTER surgery.

TIPS:

1. It is normal to have swelling and bruising of the face after periodontal surgery. The swelling and bruising is usually at its worst 2 days after the procedure. By icing and using the ibuprofen today, you will help minimize the swelling later!
2. Try to sleep with your head slightly elevated and avoid sleeping on the side where the surgery was done.
3. You can apply Arnica cream to your cheeks/chin/neck to help minimize bruising

If you have any questions or concerns, please text
Dr. Julie Pastagia at 917.603.6979 or email: info@pastagiaperio.com