

POST OPERATIVE INSTRUCTIONS
FOR PERIODONTAL/ APICAL SURGERY

DISCOMFORT- For discomfort take 3 Ibuprofen (Advil) and 1 Tylenol every 6 hours as needed. Avoid aspirin post operatively to avoid bleeding.

SWELLING- Keep ice on the area 20 minutes on/ 20 minutes off- when you get home. Do this for the first 3-4 hours. This may be done for the first 24 hours following surgery, after that use moist heat. Try to elevate your head the first few nights following surgery.

DIET- Your diet should be mild for the first 24 hours. Drink a lot of liquids for the first few days following surgery. Avoid spicy and crunchy foods for the first week ie. french bread, potato chips, nuts etc.

BLEEDING- It's not unusual for there to be some oozing after surgery. Just blot it with gauze. If you are out of gauze, moisten a tea bag and apply pressure for 5 minutes. Take it easy for the rest of the day- avoid over exerting yourself.

AVOID- Spitting, drinking through a straw and SMOKING. These will increase the potential for bleeding. Avoid alcohol for the first week.

ORAL HYGIENE- Avoid brushing the area today. Tomorrow you may begin light brushing and flossing. The cleaner the area is kept the quicker it will heal.

RINSING- Beginning tomorrow start rinsing with warm salt water 4 times a day for 4 days.

If you have ANY problems, or persistent bleeding call me in the office at 973-895-7995. If after hours I may be reached on my cell phone 201-618-7978