



OVERSTREET, WHITE, DUNEGAN

LTD

EXCELLENCE IN PERIODONTICS AND DENTAL IMPLANT SURGERY

POST-SURGICAL INSTRUCTIONS

First thing, congratulations, you made it through your surgical appointment! Hopefully you had a pleasant experience, considering the circumstances. That is truly our goal. These instructions will review some important information about what to expect for the next few days. **CAREFULLY READ AND FOLLOW** the instructions outlined below. Please contact us should any problems arise.

BLEEDING: A small amount of bleeding for several hours is normal after surgery. A very small amount will turn saliva red. If excessive bleeding occurs, please apply firm direct pressure with wet gauze or wet tea bag for 20 minutes. If there is any difficulty controlling bleeding, please call the office.

DISCOMFORT: The average patient experiences a moderate level of discomfort and occasional bruising after surgery. It is important you take the prescribed medication as they are not only helpful in controlling pain but also aid in the alleviation of swelling. Reducing the amount of swelling is directly related to a reduction in discomfort. Remember to keep your head elevated with an extra pillow to assist with swelling.

PRESCRIBED MEDICATIONS: If you have been provided prescriptions, please take according to the instructions. Your doctor may have you start some of your medication prior to your appointment; otherwise, it is important you begin taking your prescription **immediately** following your procedure.

SWELLING: It is not unusual to have some swelling and bruising in the treated area. An ice pack will be useful in the first 48 hours after surgery and should be applied 20 minutes on and 20 minutes off periodically throughout the day. Many times, significant swelling can occur 72 hours after surgery and is normal. After 48 hours of ice a switch can be made to wet warm compresses to help with swelling. After this time the swelling should begin to decrease. However, if a fever develops, please contact our office.

PAIN: Some pain medicines may make you groggy and can slow down your reflexes. Sitting up and standing suddenly may make you feel dizzy. You should avoid driving, making important decisions, or operating machinery while taking your pain prescription. Most medications, particularly pain medications, are best taken with food. ***Please start pain medicine immediately, as it will take 30 minutes to start working. Staying ahead of the pain is the number one way to manage pain. See last page for sample schedule.***

DRESSING: Sometimes a dressing may be placed to protect the area and minimize the discomfort. This dressing will be applied at the time of surgery and will usually dislodge over the next few days. Some of the sutures on your palate may come loose when the dressing dislodges, which is normal. Simply discard the dressing and healing should continue normally. If bleeding occurs, apply firm pressure with wet gauze or tea bag.

PALATAL STENT: Patients may choose to have a palatal stent fabricated to help with the recovery following soft tissue grafting. The palatal stent should initially be worn 24 hours a day. Please remove the stent after eating or periodically throughout the day to rinse off. After rinsing apply a thin layer of Vaseline to the underside of the stent to prevent it from sticking to the surgical site. Most patients will wear the palatal stent for 7-14 days post-surgery. Feel free to stop wearing the stent when the palatal discomfort becomes minimal.

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SUTURES: Depending on the surgery done, some sutures will resorb on their own while others will be removed at the time of your post-operative appointment. **DO NOT pull or play with the sutures with your tongue or fingernails.** Please avoid overextending your lip or pulling lip down to look at the surgical site, as this can dislodge sutures.

RINSING & HYGIENE: Occasionally an antimicrobial mouth rinse may be prescribed; use as directed and do not eat/drink anything for at least 30 minutes after use or within 30 minutes of using a fluoride toothpaste. Otherwise, you will be instructed to utilize a cool saltwater rinse (1/2 tsp salt with one cup of cool water) 3x/day. Please do not rinse with anything other than salt water unless instructed otherwise. Please **DO NOT** rinse vigorously. Unless told otherwise, please adhere to the following brushing and flossing instructions for the surgically treated area (untreated areas may be brushed/flossed normally):

- **DO NOT BRUSH** the surgical area for the first 5 days. You will be rinsing only.
- On day 6, you may start gently brushing with the soft post-operative toothbrush provided to you. Brush in sweeping strokes from the gumline towards the chewing surface rather than scrubbing along the gumline.
- If you did NOT have a gum graft or bone graft procedure, you may start brushing normally and flossing gently at 2 weeks.
- If you had a gum graft or bone graft procedure, continue gently brushing with NO flossing until your post-op appointment. At that time, your provider will give you further instruction.

ACTIVITY: Refrain from all physical activities on the day of surgery. Light activity is okay during the first week following your procedure. Avoid exercise for 5 days following your procedure as any heavy activity that will significantly increase your heart rate and blood pressure may affect healing. We recommend taking the day of surgery off from work. You may need additional days to recover. Additionally, **DO NOT SMOKE.** Smoking will greatly compromise the healing and success of your treatment.

TOOTH SENSITIVITY: Occasionally after surgery teeth may become very sensitive, especially to cold. This will lessen with time.

DIETARY SUGGESTIONS: A healthy diet will affect the way you feel and the way the surgical site heals. It is suggested that you maintain a well-balanced diet, and drink plenty of water after your care. In addition, it is recommended that you maintain a cool, soft-food diet for the first week after your care. Yogurt, avocado, cottage cheese, fish, soups, cooked vegetables, scrambled eggs, and protein shakes are great sources to choose from. If chewing is difficult for you, Orgain or Ensure products provide essential vitamins and minerals. **Please refrain from using straws, drinking sodas or acidic beverages for one week. DO NOT MISS MEALS OR GET DEHYDRATED.**

IN CASE OF EMERGENCY DURING NORMAL BUSINESS HOURS, PLEASE CALL THE OFFICE. IF AFTER HOURS, PLEASE FIRST CALL YOUR DOCTOR. IF YOUR DOCTOR IS NOT AVAILABLE, PLEASE CALL ONE OF THE OTHER DOCTORS ON THE LIST. THE CONTACT NUMBERS FOR EACH DOCTOR ARE LISTED BELOW FOR CONVENIENCE. PLEASE DO NOT HESITATE TO CALL OR TEXT IF YOU HAVE ANY QUESTIONS OR CONCERNS.

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|----------------------|---------------------|
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Sample Prescription Pain Medicine schedule for patients not on BLOOD THINNERS or those patients that do not have adverse reactions to NSAIDS (Advil, Aleve)

1. Prescription pain medicine: 1 pill
2. 3 hours later: 600 mg (3x 200mg tablets) of Advil (Ibuprofen)
3. 3 hours later: Prescription pain medicine or if pain is mild switch to 2x325 mg Tylenol
4. 3 hours later: 600 mg Advil
5. Continue alternating medications every 3 hours as needed. As pain levels decrease, you can switch to one Tylenol (325mg) and decrease the dose of Advil. Continue decreasing dosages and extending time interval until you no longer need medications.

If on BLOOD THINNERS or have adverse reactions to NSAIDS, please follow this Sample Pain Medicine schedule:

1. Prescription pain medication- 1 pill every 4-6 hours as needed for pain
2. If pain is mild switch to 2x325mg Tylenol every 4-6 hours
3. As pain levels decrease, you can switch to one Tylenol (325mg). Continue decreasing doses and extending time interval until you no longer need medications.

Sample Pain Medicine schedule for patients not prescribed prescription pain medicine

1. 600mg (3x 200mg tablets) of Advil (Ibuprofen)
2. 3 hours later: 2x325 mg Tylenol
3. 3 hours later: 600 mg of Advil (Ibuprofen)
4. As pain levels decrease, you can switch to one Tylenol (325mg) and decrease the dose of Advil. Continue decreasing doses and extending time interval until you no longer need medications.

There is inherent risk of addiction and overdose associated with opioid drugs, especially when combined with alcohol, benzodiazepines, and other central nervous system depressants. Overdose of opioid medications or taking them in combination with the substances listed can result in fatal respiratory depression. It is recommended that you come off prescription pain medicine as soon as possible and switch to taking Advil and Tylenol for pain management. Remember, Tylenol is more helpful for pain, while Advil is more helpful for swelling/inflammation (especially for the first 2-3 days). Taking both (if you are able) in the recommended doses at the recommended time interval is the best way to manage post-op discomfort.