

DIFRANCO PERIODONTICS

AND DENTAL IMPLANTS

CHARLES F. DIFRANCO, D.D.S., M.S.
GERI ANN DIFRANCO, D.D.S.
JOSIE DIFRANCO BORDIGNON, D.D.S.
CHARLES C. DIFRANCO, D.D.S., M.S.

POST-OPERATIVE INSTRUCTIONS PERIODONTAL SURGERY

1. You should expect a mild to moderate amount of discomfort when the anesthesia wears off. Take the medications prescribed as directed. If antibiotics are prescribed, please take them ALL as directed.
2. You may experience a slight feeling of weakness or chills during the first 24 hours. This should not be cause for alarm. It is quite normal. It is very important that you rest during this period.
3. There may be OCCASIONAL BLOOD STAINS in the saliva for a few hours following the operation. This is not unusual and will correct itself. If bleeding persists call ME. DO NOT RINSE OR SPIT — SIMPLY WIPE YOUR TONGUE.
4. You may experience some swelling of the face. This is a normal defense mechanism of the body and no cause for concern. Apply ice packs to face to minimize the swelling. Hold the ice pack on for 20 minutes, then off for 20 minutes for the remainder of the day of the surgery.
5. On the day following surgery apply warm, moist compresses to the face as often as necessary to reduce swelling.
6. The packing around your teeth is comparable to a surgical dressing and serves a useful purpose to you, and should not be disturbed; it will become hard within a few hours. During this time, DO NOT eat anything which requires chewing or any hot beverages since this may weaken the dressing.
7. Until the local anesthetic wears off, you should have nothing to eat. Please do not smoke. Once the numbness is gone you should have only cold and liquid foods for the remainder of the day. This will help the pack harden. The next day you may eat anything you can cut with a fork, i.e., soft foods. Please do not drink alcohol or eat spicy foods. You should try to maintain a well balanced diet. Food supplements such as metrecal, nutriment, etc., may be useful.
8. The pack should be permitted to remain in place as long as possible, and if it is there when you return for your next visit, it will be removed. It is expected that small particles of the pack will chip off during the week. The surgical area will heal without the dressing in place; therefore, if some of the pack falls off it should not be considered an emergency.
9. Rinsing is not part of the treatment, but it will help make your mouth feel refreshed. DO NOT RINSE TODAY. Beginning tomorrow you may rinse as often as you wish with one of the popular mouthwashes. Do not use it in concentrated form. Dilute it 1:3, 1/3 mouthwash to 2/3 warm water. Clean the parts of your mouth which have been treated in previous weeks using the methods in which you were instructed. The gums most likely will bleed more than they did before the operation. This is perfectly normal in the early stages of healing and will gradually subside. Do not stop cleaning because of it.
10. Avoid excessive exertion of any type for a few days.
11. It cannot be over emphasized that the 36 hour period following surgery is most important. During this time it is VITAL that you follow these suggestions, and most of all, REST.
12. You may brush your teeth beginning the first day after surgery. Be careful around the pack. NO FLOSSING.

OFFICE: (847) 318-0066
HOME: (847) 698-4679