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HOME CARE AFTER PERIODONTAL SURGERY

Avoid alcohol, exercise and hot foods & drinks for 2 days following surgery. Walking is excellent- you can do this day of surgery.

Do not Smoke –it delays healing.

Eat on the opposite side for 2 weeks.

First 2 days - **Soft cold** foods

Try yogurt, cold soups, ice cream, pasta salad, cooked eggs, or fish, ground meat are good for a few days. Then resume a normal diet, cut things up small and eat on the opposite side. Drink more water than normal. Nourishment is important for healing. **Avoid Nuts, Seeds & Popcorn for 2 weeks.**

Local anesthetic leaves your lips, teeth and tongue feeling numb for 6-7 hours post surgery. Call us if the numbness has not worn off.

If sedation was provided, **do not operate a motor vehicle or consume alcohol for 24 hours.**

Sinus lifts – please do not blow your nose. Use saline or nose sprays – or a neti pot to clean your nose. Please sneeze with your **mouth open.**

It's normal to experience some swelling & discomfort for some days after the surgery.

To reduce swelling:

Ice pack- 20 minutes on, few minutes off, for 1-2 days

Head elevated – 1-2 days – extra pillow

To reduce bleeding: **NO RINSING, NO SPITTING, No Sucking, NO STRAWS.- 3-4 days**

Wound stability is important - Keep your fingers, tongue and food away from the surgery site. Don't look at the area.

Minor traces of blood are normal. For more bleeding apply **pressure** to the surgical area (**bite on gauze**) with a **cold damp tea-bag or gauze and leave it there for 30 minutes – do not remove for 30 min.**

To keep the surgery site clean

First 4 days - hold 2 teaspoons of **Listerine Total Care Zero mouthwash** or (Rx Chlorhexidine mouthwash) **in mouth for 1 minute and let it fall out.**

Avoid brushing the surgical area(s) for 3 weeks
Clean surgical teeth with q-tip – paint the teeth with the mouthwash. Temporary teeth staining could occur but we will polish it off in 2 weeks.

Brush and floss other areas normally 2 x day– with lots of water, let the toothpaste fall out.

After 4 days you can rinse and spit normally.

Medications:

For Pain and Swelling

Take **600mg of Ibuprofen (3 tabs – 200 Advil) every 4-6 hours** -start before the pain comes

(if needed add **1000mg of Tylenol – alternate with advil (ibuprofen)**)

Antibiotics –follow the prescription – usually **3xday**, we usually give a loading dose of **2 pills but you will take 1 pill 2 more times day of surgery and next day follow prescription- 1 pill 3 times daily every 8 hours**

take a **Probiotic**

To avoid nausea, **do not take pain medication or antibiotics on an empty stomach.**

Pack or dressing – **No concern if it falls off.** After 6- 7 days you can remove it from the corner of the teeth at the edge.

Salt water mouth soaks– ½ teaspoon salt –1 cup water – hold in mouth 1 min – let it fall out – 5xday after eating

For problems, questions or concerns, contact Dr. Allain: OFFICE: 403-263 1299

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