



PERIODONTICS & IMPLANT DENTISTRY OF MIDDLE TENNESSEE

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Post-Surgical Instructions

1. **Sutures-** In most cases there will be sutures placed after surgery. Some of these will dissolve on their own, some will be removed at your post-op appointment. In either case, please try to avoid playing with them with your tongue as this could cause them to come out prematurely.
2. **Discomfort-** You have been given a prescription for medicine to keep you comfortable after surgery. We will tell you exactly how to use it. Please do, however, use the medicine as directed. It is important that your recovery period be as free of pain as possible.
3. **Swelling-** please keep an icepack on the affected area as much as possible for 3 days after your surgery. The less you swell, the less discomfort you will have. Typically you will keep the icepack on the area for about 30 minutes, then leave it off for 5 minutes or so, but this is just a guideline. Use lots of ice! Just use it in an icepack with a towel/wash cloth between the ice and your skin. You may also be asked to use an anti-inflammatory such as Motrin, but that will be on an individual basis.
4. **Bleeding-** Bleeding is usually not a problem after surgery. Some oozing will occur and your saliva may look pink, but significant bleeding is rare. You will, however, be given gauze which may be used to apply pressure to an area which is bleeding excessively. A moist tea bag works just as well. If you have bleeding that persists after 2 30 minute episodes of pressure, please give me a call.
5. **Care of the mouth-** these instructions will vary depending on the type of surgery you have had. Basically, however, be careful of the surgical area! Use your medicated mouth rinse as we direct, rinse with warm salt water beginning the day after surgery, and follow the directions we give you regarding how to treat the specific area of surgery.
6. **Diet-** you need to eat in order to heal, but, in general, simply chew away from the area in which your surgery was done. The less trauma to the area, the better. Avoid the use of straws and carbonated beverages for the first 3 days after surgery. You may, depending on your surgery, be given more specific instructions.
7. **Call if you need me or if you have questions!** Never hesitate to call me. The office number, 615-890-7186 or 615-830-7903 is always answered. Call if you need me!