

DR. CHARLES A. WHITE

Practice Limited to Periodontics

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PERIODONTAL FLAP SURGERY SURGICAL CROWN LENGTHENING POST OPERATIVE INSTRUCTIONS

PRESCRIPTIONS: Have all prescriptions filled prior to surgery. Take your medication only as directed. Regular medication prescribed by your physician should be taken as usual, unless you are told to do otherwise. Take PAIN MEDICATION before you begin to feel discomfort, with fruit juice or a full glass of water. Never take pain medication on an empty stomach. Do not use aspirin or products containing aspirin at least 3 days before and 3 days after surgery. If ANTIBIOTICS were prescribed, take them as directed until all have been taken. Patients taking birth control pills should be aware that ANTIBIOTICS could alter the effectiveness of the birth control pill. You should use other methods of birth control for 1 month. PERIOGARD RINSE should be used twice a day starting the day after surgery to kill bacteria around the surgical area. PHENERGAN may be prescribed to treat nausea. If Ativan, Valium, or any sedative is prescribed YOU MUST HAVE SOMEONE DRIVE YOU FOR THE APPOINTMENT.

Please leave both your index fingers free of nail polish and artificial nails so your vital signs can be monitored during surgery. Eat regular meals prior to your visit.

ICE PACKS: We will provide a disposable ice pack for your trip home. Ice packs should be used for the first 24 hours to minimize swelling. Thereafter, a heating pad or moist heat may be used to decrease swelling. When using cold or heat, apply 20 to 30 minutes of each hour.

BLEEDING: Some bleeding is normal during the first day following surgery. Cover your pillow with a towel to prevent staining. We will provide a package of gauze that you can moisten with cold water and use in case of bleeding. SPECIAL NOTE: AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, DRINKING STRAWS, AND SMOKING for at least 24 hours. These things, as well as hot food or drinks, can contribute to bleeding problems.

If bleeding is noted, look in your mouth for dark purple colored blood clots. If blood clots are noted, remove them with wet gauze and then apply gentle pressure to the area with wet gauze. Contact Dr. White if bleeding does not stop within 30 minutes.

NUTRITION: Adequate nutrition is essential for normal healing. The first 24 hours following surgery your diet should be restricted To COLD LIQUIDS. Dietary supplements, such as Instant Breakfast or Ensure, are good. Gradually progress to soft foods, which are easily chewed and swallowed. Do not skip meals. If you take nourishment regularly, you feel better, gain strength, have less discomfort, and heal faster. Please eat a regular meal before surgery.

DAY TWO AND AFTER: Rinse with Periogard antimicrobial rinse to reduce plaque levels for four days. After the fourth day, you may begin gentle brushing and flossing in the surgical areas. Don't worry if you see some slight redness when brushing or flossing. Brush only as aggressively as you can without causing discomfort. **DO NOT USE A WATER PIK OR ELECTRIC TOOTHBRUSH** for at least four weeks following surgery.

PERIODONTAL DRESSING: If periodontal dressing was applied, you can only brush the tops of the teeth. If you are careful, this dressing should remain in place until your next appointment. Small particles of it may chip off but this is of no importance. Should the dressing loosen or feel as though it is ready to fall out, do not attempt to replace it. Let it come out and follow instructions for patients who have had no dressing placed following surgery.

SUTURE: The suture is a dissolvable suture that usually may be dissolved by the time you return for your first post-operative visit. Sometimes a suture will be placed that will not dissolve on its own. If this type of suture is placed it will be removed at the appropriate time during a post-operative visit.

SENSITIVITY/LOOSE TEETH: Some patients notice sensitivity to cold and loose teeth in the days following surgery. These are short-term side effects and will gradually diminish in the weeks following surgery. The loose teeth may ache if you chew foods that are not soft enough. Please let Dr. White know if you experience severe sensitivity to heat or cold.

REST: Plan to rest the remainder of the day of surgery and the following day. After that time you should be able to return to your regular schedule, **EXCEPT** such activities as jogging, aerobic exercise, and other strenuous activities. These should be discontinued for the week following surgery.

PAIN: Following surgery, pain is usually mild to moderate in severity and usually persists for 24 to 36 hours. You should notice daily reduction in pain with normal healing. **IF YOU HAVE SEVERE PAIN AFTER 36 HOURS, CONTACT DR. WHITE AT ONCE.** Severe pain following surgery may be due to a localized viral infection in the palate, a bacterial infection or to coincidental pain from other dental disease. Please make sure that you have no plans to fly for at least one week following surgery. One additional week would be best. Flying could retard healing and cause unnecessary pain and bleeding due to pressure. Automobile trips are fine as long as the surgery is not extensive. Keep in mind that if you leave town following surgery you may not be able to be seen as quickly by Dr White. We want the opportunity to see you if there are any problems following surgery.

QUESTIONS/PROBLEMS: It is our sincere desire to have you as comfortable as possible during the healing period. If you have any questions, call the office at 479-631-6074 or after hours 479-644-1087. If no one answers this number there will be a message with Dr. White's home telephone number.