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PAOO SURGERY -- 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 a 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 the week prior to surgery and for 6 - 7 months after surgery. Take ANTIBIOTICS as prescribed until all have been taken. Patients taking birth control pills should be aware that ANTIBIOTICS could alter the effectiveness of the birth control pill. PERIOGARD RINSE or LISTERINE should be used twice a day starting the day after surgery to kill bacteria around the surgical area. PHENERGAN may be prescribed. This is for use only if the pain medication causes nausea. If Ativan or any other sedative is prescribed as a pre-medication YOU MUST HAVE SOMEONE DRIVE YOU FOR THE APPOINTMENT. Refer to "Medications for Periodontal Surgery" sheet for YOUR prescribed or recommended medications.

IMPORTANT! If medication is needed to manage pain 7 days after PAOO Surgery, do not take aspirin or any anti-inflammatory medications (Ibuprofen, Motrin, Aleve, etc). Use acetaminophen (Tylenol) only. Narcotics may also be used if needed.

SWELLING: We will provide a disposable ice pack for your trip home. Ice packs should be used for the first 48 hours, applied for 20 to 30 minutes of each hour, to minimize swelling. Thereafter, a heating pad or moist heat may be used to decrease swelling. It is important that you sleep with your head elevated. A short course of steroids is often prescribed to reduce swelling during the week after surgery. With PAOO surgery, it is normal to have significant swelling during the 2nd and 3rd day after surgery. The swelling should begin diminishing by the 4th day.

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 drink 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. Do not skip meals. If you take nourishment regularly, you feel better, gain strength, have less discomfort, and heal faster. You will need to maintain a diet of softer foods for the entire time you are undergoing Orthodontics. Please eat a normal meal before surgery.

INSTRUCTIONS CONTINUED ON REVERSE

ORAL HYGIENE: After 24 hours rinse with Periogard antimicrobial rinse to reduce plaque levels in your mouth. On the fourth day, you may begin gentle brushing and flossing in the surgical areas but only lightly touch the gumline. Don't worry if you see some slight redness. 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.

SUTURE: The sutures will be removed at your 2-week post-op visit. Do not attempt to remove any sutures. Because of the bone grafting materials placed, your gums will require several weeks to attach.

SENSITIVITY/LOOSE TEETH: Some patients notice sensitivity to cold in the days following surgery. These are short-term side effects and will gradually diminish in the weeks following surgery. Because the AOO surgery causes a demineralization of the bone around your teeth, your teeth may ache if you chew foods that are not soft enough.

REST: Plan to rest for at least 3 days following PAOO surgery. 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 because flying can prevent normal healing. Automobile trips are fine after one week provided you are healing normally at the first post-op visit.

QUESTIONS/PROBLEMS: It is our sincere desire to have you as comfortable as possible during the healing period. If you have any questions or concerns, please don't hesitate to call. Office phone 479-631-6074. Dr. White's cell phone: 479-644-1087. Dr. Blansett's cell phone: 479-282-9448.