

# DR. CHARLES A. WHITE

*Practice Limited to Periodontics*

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## PAOO SURGERY ONE WEEK POST-OP INSTRUCTIONS

**ORAL HYGIENE:** Excellent oral hygiene after surgery is critical to obtaining a good surgery result! Seven days after surgery begin gentle flossing. Brush your teeth down to the gumline using light pressure that does not cause discomfort. Don't be alarmed if your gums bleed slightly. This is usually due to gum inflammation from plaque rather than the surgery. Resume normal brushing 10-14 days after surgery when brushing can be done without discomfort. Do not use an electric toothbrush for one month following periodontal flap surgery.

**SUTURES:** Your sutures are resorbable and will dissolve after 8-10 days.

**IMPORTANT!** Do not use aspirin or anti-inflammatory medications (Ibuprofen, Aleve, Motrin, etc.) for pain while you are in Orthodontics. Take acetaminophen (Tylenol) only. If you have more severe pain for some other reason, narcotics may also be prescribed.

**PERIOGARD:** If Periogard chlorhexidine rinse was prescribed, continue using twice a day as directed. Once you can resume normal brushing and flossing, you can discontinue the use of Periogard and begin using Listerine twice a day. Periogard will stain your teeth with long-term use but is a very powerful antibacterial rinse. The stain can be removed at your first cleaning visit following surgery or sooner if it is a cosmetic problem.

**SENSITIVITY:** Root sensitivity to cold is possible following PAOO surgery. Keeping your teeth plaque free, using fluorides and avoiding tartar control products reduces sensitivity. Clenching your teeth during the day or grinding at night will cause your teeth to ache and become sensitive. Let us know immediately if your teeth ache or become extremely sensitive to cold.

**MEALS:** Avoid crunchy or difficult to chew foods or foods containing seeds for three weeks. Most cooked foods can be eaten comfortably beginning 10-14 days after surgery. More difficult to chew foods, like steak, can usually be eaten after 3-4 weeks. Your teeth may ache if you eat steak too soon.

**RESULTS OF SURGERY:** We will schedule an appointment several months after your PAOO surgery to clean your teeth and document your periodontal status. A maintenance program will be established to keep your gums healthy so you can keep your teeth long-term. You will be referred back to your Dentist for a cleaning and examination once periodontal health has been established.

**PROBLEMS/QUESTIONS:** It is our sincere desire to have you comfortable as possible following periodontal surgery. Please don't hesitate to call us! Office phone: 479-631-6074. Dr. White's cell: 479-644-1087. Dr. White's home: 479-936-7087.