

Premier Periodontics Sam J. Nechamkin, D.D.S., M.S.
Post Operative Instructions: Expectations and Maintenance

Please review prior to surgery

EXPECTATIONS

Sleepy

After oral and/or IV sedation, you will feel sleepy; thus, plan to rest or sleep for the remainder of the day and night. After surgery, continue to drink several glasses of water and eat soft foods as needed. The more hydrated and less hungry you are the following day, the better you will feel.

Bleeding

Minor oozing for up to 24 hours after surgery is normal. If heavy bleeding occurs, i.e. if you fill a Dixie cup; moistened a new brown Lipton tea bag and apply it to the area with slight pressure for 5 minutes. Remove and discard the soiled tea bag. Repeat the process with a new tea bag if necessary. If heavy bleeding continues, call the office.

Swelling

Slight swelling after surgery is normal. If increased swelling is expected, you will be given an ice pack to place adjacent to the surgery site(s). Apply the ice pack: 15 minutes on then 15 minutes off for 1 to 3 hours. Swelling should diminish by the fifth post-operative day if not before. If swelling is excessive, spreading, or continues to enlarge after 48 hours, call the office.

Bruising

Slight bruising after oral surgery is possible. Excessive bruising is uncommon unless you bruise easily.

Rash

An allergic reaction to a medication could cause a generalized body rash. If this occurs, stop taking all medications prescribed by Dr. Nechamkin and contact the office to obtain a different medication. An allergic reaction to local anesthesia could cause a localized rash. The rash should dissipate within a couple of days. If the rash causes discomfort or continues to enlarge, call the office.

Discomfort:

The most discomfort that you will experience will occur in the first 24 hours after the local anesthesia wears off and the sensation returns to your mouth. Use your pain medication as directed. Discomfort should rapidly diminish over the next few days after surgery.

If you have other problems, please call the office at 903-868-9850 and listen to the voice mail instructions regarding how to page Dr. Nechamkin.

MAINTENANCE AFTER SURGERY

Avoid: Following sedation, do not drive an automobile, operate heavy machinery or engage in any activity that requires alertness for the next 24 hours.

Carbonated beverages, smoking, alcoholic drinks, peroxide, and commercial mouth rinses until after your first post-operative appointment upon which you may discuss continued use with the doctor.

Fluids: Drink plenty of water for several days after surgery.

Do NOT drink any fluid through a straw for at least 2 weeks.

Diet: Eat soft foods and soups for several days or until most of the tenderness has dissipated.

Activity: Reduce physical activity for 1 week after surgery. Avoid running or strenuous activity.

Brushing: A clean mouth heals faster; thus, brush and floss all teeth not in surgical site; brush your tongue and cheeks at least twice per day. Brush the top of the teeth in the surgical area gently; do not attempt to brush the sides of the teeth. Use the prescribed medicated rinse as directed to clean surgical area.

Mouth Soaks: Gently rinse your mouth with warm water after each meal to keep the areas free of food and debris. Do not use salt, baking soda or any other home remedies. Use the prescribed medicated mouth rinse as directed.

Sutures: If sutures are used during your surgery, they should dissolve a few days following the surgery. The remainder of the sutures will be removed at your post operative appointment.