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*Board Certified Periodontists
Cosmetic & Reconstructive Periodontics
Dental Implants*

Health-Centered Periodontics

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**DRIVING ANY MOTORIZED VEHICLE OR OPERATING ANY
MACHINERY IS PROHIBITED UNTIL THE NEXT DAY.**

POST- SURGICAL INSTRUCTIONS

IN AN EMERGENCY: To contact either doctor in an emergency, follow these instructions:

Using a **touch tone** phone, call **847 – 723 – 2210**

This is the live operator at Advocate Lutheran General Hospital. The operator will ask you to state your name, provide a call back number, & give your doctor's name. Your doctor will then be paged to your call back number or you will be directly connected to him through the hospital paging system.

The post-operative instructions listed below should be followed accurately in order to speed your recovery.

1. **SWELLING** – The first 24 hours is the most critical phase for swelling control. Most swelling does not visibly appear until 24-48 hours after surgery. It is therefore important to apply (on and off) ice at 20 minutes intervals. Ice application after 48 hours slows healing and prevents swelling reduction.
2. **EATING** – The rule of thumb is “C.S.S.” (cooler, softer, smaller). Avoid spicy or hot foods, nuts, seeds, chips, pretzels, etc. Any food that is cool, easy to chew, and soft is O.K. to eat (ie. Jello, yogurt, sliced soft fruit, cereal, potato, fish, eggs, applesauce, cottage cheese, pasta, pudding, ice cream, etc.). **DO NOT** eat or drink anything hot during the first 24 hours.
3. **EXERCISING** – Aerobic activities and heavy lifting should be avoided for the first 72 hours. Let common sense prevail.
4. **SMOKING** – The less you smoke, the faster things heal and fewer complications arise.
5. **PAIN CONTROL** – Pain management begins immediately after surgery. The medication **MUST** be taken whether you experience pain or not. Proper blood levels are necessary in order to reduce pain and swelling.

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6. **MEDICATIONS** – Use only the medications below that your doctor has checked.

_____ (antibiotic) _____ taken _____ times a day until entire amount is used.

_____ Decadron 1.5 mg: one pill taken after 6 pm the first day of surgery. Then one pill twice daily until entire amount is used.

_____ Apply Peridex topically 2X day with a Q tip to surgical site **after 1st post-op**

_____ Rinse mouth with warm salt water starting on 2nd day (after each meal)

_____ Motrin 600 mg and 1000 mg Extra Strength Tylenol. Alternate every 2 hours for the first day. Then take as needed for discomfort.

_____ Other medications, as listed.

7. **BLEEDING** – Normally there will be some bleeding following surgery. The application of pressure from a damp, cool cloth or ice in these areas will usually hasten clotting. Continued bleeding can be controlled by firm pressure on a dampened tea bag placed directly on the area. However, should you become concerned about excess bleeding, please call the office for further ***instructions***.

8. **DO NOT WEAR YOUR REMOVABLE BRIDGE OR DENTURE** for _____ days. Before wearing your prosthesis, it must be modified and a medicated soft liner applied. This soft liner must be replaced every 4-6 weeks. Failure to do so could jeopardize healing.

9. **PERIODONTAL SURGERY ONLY – PERIODONTAL DRESSING**: The pinkish casts, when applied to the surgical area, should remain until your next appointment. These were applied to provide greater comfort. Should they loosen, do not force them back to place. Call your doctor.

When NO PERIODONTAL DRESSING is used, the following precautions should be observed:

- (1) No vigorous rinsing or spitting for the first 24 hours. This tends to promote bleeding.
- (2) Floss may be used to remove food should it collect between teeth.
- (3) Avoid cold & hot beverages since the teeth may be sensitive to thermal stimuli.
- (4) If sutures become loose or stringy, do not pull on them.

If you are uncertain as to what to do, please call your doctor or our office.