

Old Orchard

Periodontics and Implant Dentistry, Ltd.

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**INSTRUCTIONS  
FOLLOWING  
PERIODONTAL  
SURGERY**



DAVID BARACK, D.D.S.

PRACTICE LIMITED TO PERIODONTICS  
AND IMPLANT DENTISTRY

**Congratulations!** You have finished a very important phase of your periodontal treatment and now it is time to begin the healing process. It is important to understand that some discomfort, swelling and bruising is normal. Every patient is different and there is no way of predicting if you will experience any of these symptoms. The medications that have been prescribed to you will help keep you comfortable for the next few days. Please follow the instructions carefully when taking these medications.

## **THE DAY OF SURGERY**

On the day of your surgery, limit your diet to *cool*, soft liquids and foods: such as yogurt, applesauce, pudding, jell-o, cottage cheese or ice cream. Milkshakes are good as well, **but do not use a straw**, as this may create a vacuum in your mouth and induce bleeding. You should also avoid chewing on the surgical site.

Do not brush, rinse, or floss until the morning *following* the procedure.

We will provide you with an ice pack and recommend using it throughout the day until bedtime. Place the ice pack on the face for 20 minutes and then remove. Continue alternating the ice pack on and off using 20 minute intervals. The ice pack may be placed in the freezer for reuse. This will help to reduce swelling. For the same reason, we also recommend using an extra pillow for the first two nights following the procedure.

You may observe a small amount of bleeding during the first few hours after surgery. This is not unusual, however, if the bleeding persists, fold some gauze or a slightly moistened tea bag in half and apply it with firm pressure for 60 uninterrupted minutes until the bleeding has stopped. It is important that the pressure be consistent. Do not rinse to stop the bleeding as this can cause the clot to dissolve and the area to bleed again.

It is normal to experience a slight feeling of weakness, chills, or fever during the first 24 hours. This is part of the body's defense mechanism and no cause for alarm.

Refrain from exercise and physical activities for the first 72 hours.

**☐ FOR SOFT TISSUE GRAFT PROCEDURES:**

We will provide you with Peridex liquid; gently apply with a cotton swab onto the donor site (roof of the mouth) for 30 seconds at least twice daily. Some tissue grafts may appear to change in color over the first two weeks of healing. They may turn white and then red as the outer layers of the graft are lost. This is normal and should not be of any concern.

**☐ FOR SINUS LIFT PROCEDURES:**

Please **do not blow your nose.** The force may cause the delicate membrane that was placed in the sinus to tear before it has had a chance to heal. You can use a tissue to wipe away any nasal drainage. If possible, try **to avoid sneezing.** as this will create the same force as blowing your nose. Keep clear of dusty environments and/or areas that may make you sneeze due to allergens. If you do sneeze, keep your mouth open to let the air out as much as possible.

**☐ FOR SAME DAY SMILE PROCEDURES:**

Please continue on a soft diet, such as: Ensure, protein shakes, soups, and any blended foods. **Please avoid chewing food until instructed otherwise.**

**☐ FOR IMPLANT PLACEMENT PROCEDURES:**

Please avoid the use of an electric toothbrush for 4 weeks post surgery.

Please do not hesitate to call our office if you have any questions or concerns.

Office Phone Number:  
(847) 982-0640

Dr. Barack's Emergency Cell Number:  
(847) 651-0640

## THE DAY AFTER SURGERY

On the day after your surgery, limit your diet to *warm*, soft liquids and foods: such as eggs, soup, pasta, or mashed potatoes. A good diet is essential for proper healing.

Brushing in the surgical area may start today using only the ultra-soft, sensitive toothbrush that we have provided. Continue to use this brush until you return for your first post-surgical appointment. You may use your own toothbrush for the rest of your mouth. **Do not floss in the surgical area**, however you may continue to floss the rest of your mouth daily.

We recommend rinsing with Listerine twice a day for 30 seconds and also rinsing with salt water after each meal. This will help keep the area disinfected and promote healing.

Use your ice pack as a warm pack today. Place it in the microwave for 5 to 8 seconds and apply it for 20 minutes on the cheek near the surgical area. **Always check the temperature of the pack first to avoid burning your skin.** Continue alternating the warm pack on and off using 20 minutes intervals throughout the day.

Take your medications as directed; do not wait for the discomfort to develop. You may resume your Aspirin therapy the day after you finish the anti-inflammatory medication (Anaprox, Motrin). **Please resume blood thinner medications (Coumadin or Plavix) the day after surgery.**

The consumption of alcohol should be avoided while on any medications and smoking should also be avoided for the first two weeks following surgery.