

ROBERT M. OLAN, D.D.S.
18-15 FRANCIS LEWIS BLVD
WHITESTONE, NY 11357
718-767-7276

INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

1) **YOU MAY EXPERIENCE SWELLING.** THIS CAN BE MINIMIZED BY APPLYING ICE PACKS TO THE FACE, 15 MINUTES ON AND 15 MINUTES OFF, UNTIL BEDTIME ON THE DAY OF SURGERY ONLY.

2) **YOU MAY EXPERIENCE BLEEDING DURING THE FIRST 12 HOURS.** DO NOT BE CONCERNED IF SALIVA APPEARS SLIGHTLY RED. IF BLEEDING CONTINUES, OR IS PROFUSE, APPLY PRESSURE WITH A GAUZE PACK DIRECTLY TO THE SURGICAL AREA.

3) **YOU MAY EXPERIENCE PAIN.** TAKE MEDICATION FOR PAIN AS OFTEN AS NEEDED, STARTING WITH THE FIRST INDICATION OF DISCOMFORT. DO NOT WAIT UNTIL DISCOMFORT BECOMES INTENSE AS YOU MAY THEN REQUIRE TWICE THE DOSE. DISCONTINUE MEDICATION IF PAIN CEASES.

4) **YOU MAY EXPERIENCE SOME, ALL, OR NONE OF THE ABOVE.** IN ANY EVENT, HERE ARE ADDITIONAL SUGGESTIONS WHICH, IF FOLLOWED, WILL MAKE YOU MORE COMFORTABLE.

1) DO NOT RINSE FOR THE FIRST 12 HOURS. THEREAFTER, RINSE 3-4 TIMES DAILY WITH WARM SALT WATER, OR DILUTED MOUTH WASH.

2) KEEP FLUID INTAKE HIGH FOR THE FIRST 24 HOURS.

3) EAT AN ADEQUATE SOFT DIET AND DRINK LIQUIDS EVERY FEW HOURS.

4) IF AN ANTIBIOTIC HAS BEEN PRESCRIBED, TAKE AS DIRECTED UNTIL ALL OF THE MEDICATION HAS BEEN TAKEN. DISCONTINUE ONLY IF YOU REACT UNFAVORABLY.

NOTE: ANTIBIOTICS MAY INACTIVATE BIRTH CONTROL PILLS.

5) WHEN GOING TO SLEEP, TRY TO AVOID FACE TO PILLOW CONTACT ON THE SIDE OF THE SURGERY.

6) THE DRESSING HAS BEEN PLACED TO MAKE YOU FEEL MORE COMFORTABLE DURING THE HEALING PERIOD. DO NOT DISTURB THE DRESSING, BUT DO NOT BE ALARMED AS PART OR ALL OF THE DRESSING FALLS OFF. HEALING WILL PROGRESS NICELY WITHOUT THE DRESSING IN PLACE.

7) BRUSH TEETH NORMALLY. BUT, DO NOT BRUSH THE DRESSING OR TEETH IN THE AREAS OF SURGERY.

8) DO NOT USE A WATER PIK IN THE SURGICAL AREA.

9) RINSE LIGHTLY, TWO TIMES DAILY, WITH RECOMMENDED MOUTHWASH, STARTING THE DAY AFTER SURGERY.

YOU HAVE HAD A SURGICAL PROCEDURE AND SHOULD EXPECT TO BE MODERATELY UNCOMFORTABLE. THE DISCOMFORT WILL BE MINIMIZED IF YOU REMEMBER TO:

- APPLY ICE AS SOON AS POSSIBLE
- TAKE MEDICATIONS AS DIRECTED
- EAT AN ADEQUATE DIET

FEEL FREE TO CALL US AT ANY TIME FOR ADVICE OR HELP, FOR IT IS OUR DESIRE TO MAKE YOU AS COMFORTABLE AS POSSIBLE DURING THE HEALING PERIOD.

DR. ROBERT OLAN
AND STAFF