



## PERIODONTAL PRE/POST SURGICAL INSTRUCTIONS

The surgery that you will be having requires your full cooperation for ideal healing to occur.  
These are instructions that you should be following during your recovery.

### **Medical History:**

If there have been any changes in your medical history or changes in your medications since your last visit please notify us. Please **take your daily prescribed medications as usual**, like your blood pressure, diabetes and cholesterol medications but do not take Aspirin, Ibuprofen, Celebrex, Advil, Fish oil, Vitamin E or Flax seeds for a week prior to the surgery. . If you have a question about any other medications which are taken on a daily basis please check with Dr. Dutta regarding her recommendation prior to your appointment.

Please **alert the office to any allergies** or sensitivities that you might have to any antibiotics.

You should receive all your prescriptions at your pre-operative appointment. Please have these filled prior to your scheduled surgery appointment. If you **take pre-medications**, please do so 1 hour before the surgery.

### **Discomfort/Medications/Prescriptions:**

You can expect some discomfort for a week or so. The following **medications will help keeping you comfortable**

- **Antibiotics** (prescribed) - To be initiated night before the surgery or as directed by Doctor and continued until finished.
- 1 tablet **Ibuprofen 600mg** (prescribed) + 1 tablet **Acetaminophen (Tylenol) 500mg** (over the counter).  
or  
3 tablets **NSAID (Motrin, Advil) 200mg = 600mg** (over the counter).  
- To be taken 1 hour before the surgery and then continue as prescribed.
- Start rinsing 2 times/day with **Chlorhexidine Gluconate** the day before the surgery, and continue rinsing (after breakfast and dinner) until directed to discontinue.

These medications should be **taken with food** and continued **every 6-8 hours (as prescribed)**, Pain medications can be taken for 3-4 days and then reduced/tapered as per need.

It is advisable not to take the antibiotics/pain medication on an empty stomach, as may cause upset stomach and nausea. If you have any problems such as hives, rash or itching please stop the medications and contact the office. For women taking birth control, be advised that antibiotics may interfere with their effectiveness. Some antibiotics can cause yeast infections in women- if this occurs please stop the medications and contact the office.

**Do not take aspirin, as it is a blood thinner.**

### **Bleeding, Bruising and Swelling:**

As you leave the office we will provide you with a **cold ice pack** to use on your face next to the operated area to keep swelling down. It works best on the day of the surgery. **Keep the cold pack on for 10 minutes and, then off for 10 minutes. Repeat this sequence for 2-4 hours.**

Do not attempt to stop by the bleeding with vigorous rinsing. Some bleeding is common following periodontal procedures, especially grafting that was taken from the palate (roof of the mouth). It can be minimized by **holding small amounts of ice water** in your mouth, this usually stops slight oozing. If the surgery site bleeds, take a **regular black tea bag** and moisten it with ice water. Gently squeeze out the excess water and place the tea bag over the surgical site. **Apply constant pressure for 15-20 minutes.** Keeping your **head elevated** by relaxing in a chair or with an additional pillow when sleeping and **minimizing activity** is advised. It is recommended that you **place a towel over your pillow**, if slight bleeding occurs at night. **Avoid spitting again and again** as this will dislodge the clot and facial bruising and swelling on the cheek/chin may also occur. Please call if there is excessive bleeding, swelling or high fever post-surgery.



## AD Perio & Implants

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### **Sutures:**

Two types of sutures are occasionally used- resorbable and non-resorbable. Resorbable sutures dissolve and do not require removal. It is common for these sutures to dissolve early in the healing process. If any sutures feel loose, please do not attempt to remove them. Leave them alone they will dissolve or if they are very bothersome please call the office, to help take them out. If non-resorbable sutures are used they will be removed 1-2 weeks after your surgery at your post-operative visit. Once the sutures are removed the area may bleed when you first brush. As the tissues mature the bleeding will stop.

### **Caring for your mouth (Brush, floss):**

Refrain from lifting your lip to look at the surgical site. Do not brush, floss or use a Waterpik on your teeth or gums in the area of the surgery until instructed. The rest of the teeth may be brushed and flossed as usual. When brushing the teeth that did not have surgery, please do not pull the lip or cheek next to the surgical site as this will disturb the healing site and cause damage or delayed healing. After brushing, gently rinse with warm salt water (saline) and/or the prescription mouthwash. Do not rinse vigorously or spit repeatedly.

To make the saline/salt water rinse; mix 1 teaspoon of salt with 8oz glass of warm water.

If you have a denture, partial, retainer or night guard clean it well and then wash your hands thoroughly before placing in your mouth. If possible avoid wearing them when you are at home.

### **Drinking and Eating:**

Drink plenty of cool fluids such as water, juice, sport drinks; NO sodas/carbonated drinks or alcohol for at least 2 weeks. Avoid hot foods and drinks on the day of the surgery or for at least one full day because it can cause excessive bleeding. Do NOT use a straw to drink fluids as it can dislodge the blood clot formed at the healing site. A soft diet is recommended for the first few days. Chewing on opposite side of the surgical area is recommended to prevent trauma to the surgical site. There are many foods you can eat such as; milkshakes, soups, pudding, apple sauce, ice cream, rice, pasta, macaroni & cheese, mashed potatoes, jello, yogurt, eggs, oatmeal, bananas, cottage cheese, protein shakes, fish and dietary supplements such as Ensure, Boost, or Carnation Instant Breakfast. Avoid any fruits or vegetables that have very tiny seeds like strawberries, kiwis, raspberries, blackberries and tomatoes. As these seeds can get stuck in the sutures or under the healing tissues and can cause an infection and hinder the healing process. Other foods to avoid are sharp foods like chips, nuts, popcorn and very spicy foods.

### **Smoking and Alcoholic beverages:**

No smoking of cigarettes, electric cigarettes, chewing tobacco, cigars, pipes and consumption of alcoholic beverage for at least 2 weeks. All of these items are best avoided altogether as they interfere with blood clotting and healing.

### **Activities:**

Try to take it easy and get lots of rest the day of surgery. Please avoid unnecessary exertion that will elevate your heart rate which will cause excessive bleeding (ex. aerobics, jogging, running, bicycling, sports, swimming, yard work, heavy house cleaning, dancing). Other activities to avoid are playing wind instruments, facials or body massages. All of these activities should be avoided for at least 3-5 days after surgery. Light walking is okay. You should be able to go to work (light physical duty) in a day or two.

**If you have a questions or concerns please call Dr. Dutta  
Tuesday-Thursday; 8:00am-4:00pm: (210) 805-8400  
After Hours; Dr. Dutta cell- (503) 621-6000**



## **TYPES OF SURGICAL PROCEDURES**

**Extraction/Bone Grafting:** Bone grafting material is used to replace the bone destroyed by periodontal disease or extraction of tooth. In a bone grafting procedure the material that is used is cellular sterilized bone from a tissue bank. Once the grafting material is placed a membrane (barrier) is then used between the grafting material and your gum tissue, this barrier is used to protect the bone graft and keep it in place. There are two types of membrane that may be used: Resorbable (will dissolve on its own) or non-resorbable (will be taken out by Dr. Dutta at one of the post-op visits). While healing some small bits of bone material may come through the tissues over a period of two months or so following the surgery. These may feel like small grains of sand in your mouth and are normal and not a cause for concern.

**Implants:** An implant is placed to replace where the natural was before it was extracted. Your bone must integrate with the dental implant(s) in order for them to be successful. Some bone grafting material may be used around the implant during this surgery. Movement during the healing process may interfere with this. It is very important not to touch or disturb the implant with your tongue/finger make sure not to eat on this surgical site until Dr. Dutta approves it.

**Gum grafting:** A gum grafting procedure is when recession has occurred around the front part of the tooth and that may cause sensitivity. There are two types of grafting material used: 1) sterilized donor tissue from a tissue bank or 2) tissue taken from the palate (roof of your mouth). If the graft is taken from the palate Dr. Dutta may provide a surgical stent (a thin plastic shield). This shield will protect the palate of the mouth during healing.

- The stent should stay in your mouth for the first 24 hours following surgery.
- After 24 hours you may take the stent out daily to clean and rinse it with the prescribed mouth rinse, but it should be worn at all times, especially while eating and sleeping.

These precautions will help prevent post-op infections. These grafts will be sutured in place with two types of suture resorbable and non-resorbable. Please refrain from pressing, touching, licking, pulling and looking at the surgical site.

**Sinus grafting:** This technique is done to create sufficient bone by the sinus to allow placement of implant(s). After a sinus grafting procedure, it is common to experience some nasal congestion, headache, pressure under or behind the eye or other symptoms of sinusitis. Blood-tinged mucus is also sometimes seen.

- **It is important not to blow your nose immediately following the procedure and for a couple of weeks thereafter.**
- Nasal sprays should not be used unless Dr. Dutta has instructed you to do so.
- Do not sneeze forcefully. While sneezing try to do so with open mouth and cover your mouth.
- Smoking is absolutely forbidden as it may interfere with healing.

**Removable appliances:** Before removing/reinserting any removable appliance (dentures, partials, retainers, night guards, stents) while healing from any surgical procedure remember to wash and rinse your hands thoroughly with soap and water. After washing, dry your hands with a paper towel (not cloth towels used by the rest of the family to avoid contamination). These precautions will help prevent post-operative infections.

After all surgical procedures you must return to the office for a 1 and 2 week post-op visit and possibly 3-8 weeks after your procedure depending on suture removal/healing. Some sutures will dissolve after about 8 weeks.