

POST OPERATIVE INSTRUCTIONS FOR PERIODONTAL SURGERY

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- As your anesthesia wears off, you may have some discomfort. The medication prescribed is for pain relief. Take this as prescribed. Do NOT substitute aspirin or other medication. If the prescribed medication makes you feel ill, stop taking the medication and call the office immediately.
- Once the anesthetic has worn off, you may gradually resume your normal diet starting with softer foods.
- If an antibiotic is prescribed, it is absolutely essential that you take ALL of the pills exactly as stated on the prescription label. Do NOT stop taking the pills until they are all gone. AVOID sunbathing while using an antibiotic.
- Immediately following surgery, apply an ice pack to your face in the area where surgery was performed. Use 20 minute intervals (20 minutes on, 20 minutes off). To help prevent swelling and discomfort, this process should be continued for the rest of the day and on additional days, if necessary.
- It is normal to notice slight swelling and/or bruising on the first or second day after surgery. The swelling and/or bruising may last up to a week.
- Do NOT do any vigorous rinsing or unnecessary/forceful spitting today as it may initiate bleeding. It is expected and normal that there may be occasional blood stains in your saliva. Excessive bleeding is NOT normal nor expected. If excessive bleeding occurs, place gauze in the surgical area and apply pressure. If the bleeding persists, call Dr. Nakatani immediately.
- Avoid brushing all teeth involved in the surgical area for at least one week or until further advised. It is important to clean the surgical area thoroughly twice a day with the prescribed chlorhexidine gluconate oral rinse (i.e. *PerioGard* or *Peridex*) – follow the labeled instructions.
- **BE AWARE:**
 1. NO smoking.
 2. NO drinking alcohol the day of surgery.
 3. NO dental flossing in the surgical area.
 4. NO eating hard foods (i.e. nuts, popcorn, seeds).
 5. NO spicy or acidic foods.
 6. NO exercising the day of surgery.

NOTE: If a bone graft procedure was performed, avoid #'s 1-5 until advised otherwise.

- If you have an emergency, please call the office as soon as possible. If the office is closed, you can call Dr. Nakatani at **(916) 717-1470**. Please leave a voice message with your full name and phone number where he can return your call. If Dr. Nakatani has not returned your call within 10 minutes, please call him again.