

## POST-OPERATIVE INSTRUCTIONS FOR PERIODONTAL SURGERY

Clifton E. Nakatani DDS MSD

Office: (916) 421-5555 Dr. Nakatani's Cell: (916) 717-1470

- 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. Avoid hot drinks until the anesthetic has worn off.
  - 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 and flossing all teeth involved in the surgical area. It is important to clean the surgical area(s) with the prescribed chlorhexidine gluconate oral rinse (i.e. *PerioGard* or *Peridex*).
- Soft Tissue Graft Patients:**  
WEEK 1 – Rinse with the *PerioGard* twice a day for 1 week.  
WEEK 2 – Using the *PerioGard*, gently swab the surgical area(s) with a Q-tip.
- Osseous Surgery and Extraction Patients:**  
WEEK 1 – Rinse with the *PerioGard* twice a day for 1 week.  
WEEK 2 – If the area(s) are still sensitive, use the *PerioGard* and gently swab the surgical area(s) with a Q-tip.  
Otherwise, if dissolvable sutures were placed and they are no longer present in the surgical site, you can start to **MANUALLY** brush the surgical site(s). DO NOT USE AN ELECTRIC TOOTHBRUSH.
- Bone Graft Patients:**  
WEEK 1 – Rinse with the *PerioGard* twice a day for 1 week.  
WEEK 2 – Using the *PerioGard*, gently swab the surgical area(s) with a Q-tip.
- Special Instructions Given Verbally**
- **BE AWARE:**
    1. NO smoking.
    2. NO drinking alcohol while on antibiotics or pain medication.
    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 for 24 hours.
  - 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.