

## **PRE AND POSTOPERATIVE INSTRUCTIONS FOR PERIODONTAL SURGERY**

**BEFORE SURGERY:** It is best to rest the night before the planned surgery. Dr. Davies can prescribe medication to help you rest, if this is deemed appropriate. Please advise us of any recent changes in health or changes in prescribed medications. Normal prescription drugs prescribed by your physician should be taken as usual, unless so advised. Normal diet can be followed prior to the surgical appointment, except for IV Sedation (see back page) Loose clothing with short sleeves will facilitate taking your blood pressure, and contact lenses should not be worn to the appointment.

**PRE-SURGICAL MEDICATIONS:** Occasionally oral sedatives are administered preoperatively to patients. If you desire an oral sedative or IV Sedation during surgery this should be discussed with Dr. Davies. If Oral or IV Sedation medications are used a responsible adult must accompany you to and from the office. This person should drive you home and remain with you for at least four hours.

### **POST-SURGICAL MEDICATIONS:**

All medications prescribed should be taken according to directions. Under no circumstances should strong medications of any type be mixed with alcohol or other medications. Antibiotics should be taken until gone. If itching, rash or diarrhea develops, discontinue any further use of the medication and call the office.

**BLEEDING:** It is not unusual to note some oozing which may stain the saliva. Be careful not to stain clothes or bedding. Do not smoke, rinse or drink through a straw for the first 24 hours. Under no circumstances should one try to control bleeding by rinsing. If bleeding is present, apply moderate pressure to the area with a gauze pad or moist tea bag for 20 minutes and repeat if necessary. If this is unsuccessful, please call Dr. Davies at Office 967-5099, or Home 968-6391 or Cell 923-4864.

**SWELLING:** Slight swelling of the face is not unusual following periodontal surgery. Swelling can be minimized by applying ice packs over the affected area (15 minutes on, 15 minutes off) for the first 5 hours. Crushed ice placed inside the mouth is helpful and aids your level of hydration. Moist heat can be applied intermittently during the second and third postoperative days to decrease any swelling that may be present. If the swelling occurs on the third or fourth day, however, call the office.

**DIET:** Nutrition is important to the healing process. Eating smaller amounts, but more frequently is a good practice during the healing process. Examples of food that can be easily consumed include: bananas, cereals, puddings, soups, ice-cream, bread, cottage cheese, yogurt, eggs, potatoes, soft vegetable or commercial food supplements such as Instant Breakfast or Ensure. Foods that are heavily spiced, contain acid (strong citrus fruits, salad dressings with vinegar etc.), or have hard and brittle consistency should be avoided. Liquid intake for the first 3 days is highly encouraged to aid hydration and to help you feel better.

**PERIODONTAL DRESSING:** A dressing or covering may have been placed over the surgical area. This is a putty-like material that does take a short time to harden and you should minimize smoking, eating and drinking of warm fluids immediately after the surgery. If small pieces of the pack break off and you are comfortable, it is okay to wait until your next appointment. If a major portion of the dressing is lost less than 2 days after the appointment or you are experiencing discomfort, please call the office.

**ORAL HYGIENE:** No oral hygiene should be performed for the first 24 hours after the surgery. After 24 hours it is all right to rinse gently with a warm salt -water solution (1/2 tsp. of salt in a 8 oz. glass

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of warm water). If you have been prescribed a mouth rinse (i.e. PERIOGARD or PERIDEX) use this instead of the salt-water rinse. Please brush and floss the rest of the mouth as you normally would. Areas having a periodontal dressing will not lend themselves to conventional hygiene procedures, but you may lightly clean the surface of the packing with a toothbrush, as a layer of plaque will form on it.

**TOOTH SENSITIVITY:** The teeth are usually sensitive, especially to cold, and may be mobile after the dressing is removed. This sensitivity & mobility will diminish as the teeth have time to adapt and heal. Proper oral hygiene procedures will hasten this process as bacterial plaque can prolong sensitivity.

**EXERCISE:** Avoid as much physical exertion as possible for the first 2 days. After this time one can begin exercising, but do so lightly. Any sign of bleeding or discomfort is an indication of over-exertion and the exercise should be discontinued immediately.

**CALL AT ONCE (if you experience):**

- Fever in excess of 100 degrees
- Excessive bleeding (see above)
- Painful swelling beneath the lower jaw or ears
- Unusual reaction to any prescribed medications
- Anything of concern not mentioned above

**Home ph#: 968-6391, Office ph#: 967-5099 or Cell #: 923-4864**

**INSTRUCTIONS FOR SEDATION PATIENTS:** If you have been appointed for a surgical procedure, which will utilize Oral or IV sedation, certain precautions should be considered prior to your appointment.

- Do not eat solid foods for at least 6 hours before the appointment.
- Please advise Dr. Davies of any medications you are currently taking, regardless of how simple and ordinary the medication may seem (aspirin, antihistamines, etc.).
- Another person must drive you to your surgery appointment and remain in the reception area until the procedure is completed. They should also drive you home and remain with you for at least four hours.
- Wear a short sleeve shirt/blouse or a shirt, which can easily be rolled above your elbow.
- You should plan to go home and rest after completion of the surgical procedure.

**Post Sedation Guidelines**

The medication given to you today for your dental procedure will remain in your body for approximately 24 hours. You may feel dizzy or lose your sense of balance; your fine muscle control may be changed, and your judgment will be affected. Your reaction time such as in driving a car will be slowed. You may not recognize any of these changes.

**6 D's**

1. Do not DRIVE
2. Do not use potentially DANGEROUS appliances or equipment (stove, lawnmower)
3. Be aware of DIZZINESS-move slowly, take your time. Sudden position changes can cause nausea.
4. Do not make any important decisions- you may change your mind tomorrow.
5. Do not DRINK alcoholic beverages, the drug may cause your reaction to alcohol to be dangerous.
6. DISCUSS any questions you may have with Dr. Davies or Staff.