

MK Periodontics & Implants

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Diplomates of the American Board of Periodontology

Post-Operative Instructions

Ice:

- As soon as possible, place an ice pack on your face over the surgical area; 10 minutes on and 10 minutes off throughout the day of the procedure and all of the second day while you are awake. This will contribute to your comfort and minimize swelling.
- You may apply moist heat on the third and subsequent days for added comfort and to speed up the healing process.

Rest:

- Rest quietly with your head elevated for the remainder of the day. Place an old towel over the pillow to protect your pillowcase from staining.
- Always get up slowly from a reclining position to prevent dizziness.
- Limit physical activity (working out) for a minimum of 48 hours unless otherwise directed. Avoid bending over as this will increase the pressure in the healing site and may cause post-operative bleeding and excessive swelling.

Medications:

- Depending on the procedure, an antibiotic may be prescribed. Please take it until it is all gone. Make sure to eat something before you take the antibiotic.
- Most of the cases, post-operative discomfort and inflammation can be managed by 600 - 800 mg of Ibuprofen (Motrin) every 6-8 hours. Please do not exceed Ibuprofen 3200 mg per day. Please take Ibuprofen for a minimum of 4 consecutive post-operative days.
- Ibuprofen can be alternated or taken together with OTC Acetaminophen (Tylenol) 500 mg. Please do not exceed Acetaminophen 3000 mg per day.
- In some cases, a narcotic medication is prescribed. Please take a narcotic only as needed to control pain. In this case, a narcotic is to be taken with Ibuprofen but should not be combined with Acetaminophen, because some narcotic medications contain Acetaminophen.
- Depending on your medical history, the above instructions can be modified. Please follow the instructions given at the office. Please avoid Ibuprofen if you have kidney problems and Acetaminophen if you have liver problems.
- During the COVID-19 pandemic, we may avoid Ibuprofen. We will provide instructions for each case.

Diet:

- It is important to maintain a well-balanced diet and keep hydrated well after surgery.
- Be sure to drink at least 6-8 glasses of water or electrolytes over the remainder of the day following surgery to prevent dehydration.
- Do not consume alcohol while on medications.
- Until your initial post-operative visit at our office (usually scheduled 10 - 14 days after procedure):
 - Avoid chewing on the surgical side or area.
 - Eat softer foods such as soups, smoothies, yogurt, pudding, applesauce, pasta, eggs, and baked potato.
 - Avoid eating foods with seeds, and/or crunchy foods like; strawberries, raspberries, popcorn, and nachos as they may enter the surgical site, and may cause delayed healing and an abscess.
 - Avoid extreme hot / very cold foods, acidic, spicy foods as they may cause stinging.
 - Avoid using a straw, sucking or spitting as this may cause negative pressure in the surgical site and loosen clotting, causing bleeding and/or loss of grafting and disturb the healing process.

Oral hygiene:

- You may begin to brush in the other areas of your mouth as usual using a manual toothbrush 24 hours after surgery.
- You may gently rinse the surgical area with warm saltwater starting 24 hours after surgery. Approximately 1 tsp to 8oz of water is recommended.
- You may begin to brush the surgical area 3 days after surgery using the ultra-soft toothbrush that was provided to you at your surgical appointment. You may brush only on the tooth portion. Please make sure you avoid getting close to the gum line on the surgical area.
- Do not use an electrical toothbrush (ex. Sonicare) until your initial follow-up visit at our office.
- It is important to maintain good oral hygiene to minimize delay in healing for the success of the surgical procedure.

Sutures:

- Some absorbable sutures may start to become loose 2-3 days after surgery. This is of no concern in healing.

Swelling, bruising, discomfort, bleeding and appearance:

- Swelling and discomfort are to be expected and those can peak at 48 hours following surgery.
- Bruising and discoloration are to be expected on the facial surface of the surgical area. In some cases, you may notice this in the cheek and neck areas. It may take up to 1-2 weeks to disappear.
- Once the numbness wears off and the vasoconstriction of the site subsides, some oozing of blood from the surgical site is to be expected. However, pulsating and/or extensive bleeding should not occur.
- In the case of bleeding, apply firm continuous pressure with warm moist gauze or a black tea bag to the area for 20 minutes. If the bleeding does not subside, please call the office.
- In the case of gum grafting, please do not pull the lips and cheeks as it can delay the healing and dislodge the graft. Occasionally, the grafted site appears whitish during the healing time. This is a normal event in graft healing and will subside 7-10 days after surgery.

Smoking:

- We strongly advise not to smoke after surgery. Smoking will delay healing, increase discomfort, and may encourage bleeding and infection in the surgical sites.

Dental appliances:

- Dental appliances such as orthodontic retainers may be worn, as long as they do not interfere with the surgical site, after adjustment.

Palatal stent:

- In some cases, for gum grafting, a plastic stent can be made to protect the donor site of your palate. Wear it for 2 days after surgery, removing it only to clean.
- You may begin to leave the stent out starting 3 days after surgery, wearing it only when needed for your comfort. It is okay to wear the stent when eating on your post-operative soft foods diet.
- Avoid hot water to clean the stent as this may cause deformation.
- Keep the stent if additional gum grafting treatment is planned in the near future.

Please contact our office should you develop any signs/symptoms or confirmation of COVID-19.

For any concerns/questions with your procedure, feel free to contact our office.

Tacoma Office: 253-752-6336
Kirkland Office: 425-820-2414
After hours phone number: 206-459-3900