



**MOUNTAIN TOP**  
periodontics & implants

8000 E. Prentice Ave. Unit D7  
Greenwood Village, CO 80111  
(303) 740-0080

## **GUM SURGERY POST-OPERATIVE INSTRUCTIONS**

1. Do **NOT** rinse or forcibly **spit TODAY**. You may “drool” into a sink if you feel as if there is too much blood in your mouth. We want the areas to clot and the more that you rinse or spit, the less it will clot. Remember, a little blood in your mouth is normal and may look like a lot.
2. **DO NOT SMOKE**: Smoking decreases blood flow to the surgical sites and **will** decrease the success rate of surgery.
3. Apply an **EXTERNAL ice pack** near the surgery site. You should use an ice pack for 15 minute intervals for at least 2 days. Even if you are not overly sore, the ice will help reduce inflammation and will be beneficial for the day after surgery. The ice can help for up to a week following surgery. You should use the ice pack at least 4 times for 15 minutes each time on the day of surgery and the day after surgery (you can ice more if desired).
4. **Eat** only **COOL, SOFT FOODS AWAY** from the surgical site **TODAY**. A **HIGH PROTEIN** diet is recommended for optimal healing. Protein shakes are excellent for the day of surgery and the day after surgery. High sugar foods and alcohol are detrimental to healing. Drink plenty of fluids with **NO STRAW**. You should try to maintain a **liquid to ULTRA-SOFT** diet for the entire first week following surgery. Soups can be eaten, but should be cool to warm only. Temperatures of foods should be 105° F or below for the first week. You should eat **NOTHING “CRUNCHY” for three full weeks**.
5. Take the **MEDICATIONS** as prescribed. Try not to take two medications at one given time (pain medication and antibiotics taken together can cause severe stomach irritation and/or vomiting). Please allow one hour between medications if possible. **NEVER TAKE MEDICATIONS ON AN EMPTY STOMACH**.
  - a. **PAIN**: You should have received a prescription for pain. I recommend trying **2 EVERY 2** (2 200 mg ibuprofen tablets (Advil, Motrin), wait 2 hours and then take 2 325-500 mg acetaminophen tablets (Extra-strength Tylenol)) for the first 3 days following surgery. If the pain is too persistent you should substitute the narcotic pain medication (Hydrocodone (Vicodin) or Oxycodone (Percocet)) instead of the acetaminophen, but you should try to consistently take the ibuprofen (you may take up to 800 mg every 6 hours) for the entire first week. Acetaminophen, hydrocodone, and oxycodone are pain relievers, but do **NOT** reduce inflammation. Most of your pain is associated with inflammation and ibuprofen or naproxen will help the most in reducing inflammation. A **steroid** is sometime prescribed to reduce **SEVERE** inflammation and can be prescribed if necessary.
  - b. **MOUTHWASH**: A chlorhexidine mouthwash was likely prescribed. You should start this rinse the morning **AFTER** surgery and then every morning



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AFTER a meal and at bedtime as the last thing you do before going to bed. This mouthwash is excellent in reducing harmful bacteria in your mouth. HOWEVER, it can stain your teeth and/or tongue. If you notice severe staining, please use Listerine or Listerine Zero (alcohol-free). The stain can and will be polished off at a follow-up visit. You may use warm salt-water (1 Teaspoon salt in 8 oz water) 2-3 times during the middle of your day as well starting the day AFTER surgery.

- c. **ANTIBIOTIC:** Antibiotics are always prescribed if a bone graft was done. If you received a bone graft and no antibiotic was prescribed, please call the office. If an antibiotic was prescribed, please FINISH it.
6. **Brushing:** You may brush the **CHEWING surfaces** of your teeth beginning the day **AFTER** surgery. PLEASE do NOT brush your gum tissue in the areas of surgery at all for the first week. **DO NOT USE A DENTAL IRRIGATOR, WATER FLOSSER OR WATER-PICK** for 3 full weeks following surgery.
7. **Flossing:** Do not floss the surgical sites for 3 full weeks following surgery.
8. **Exercise:** Avoid strenuous exercise or lifting weights for the 1<sup>st</sup> week after surgery. You may walk or ride a bike carefully.
9. **Follow-up:** You should be seen by Dr. Weaver **3 TIMES** following surgery. You will typically see him at 1, 3 and 6 weeks (this may be adjusted for certain surgeries). You will **NOT** be charged for ANY of these visits.
10. **Sutures:** If sutures were used, they typically dissolve on their own in 7-10 days. Almost all sutures will be removed either when they are loose or at your 3-week follow-up.
11. The tissue in the areas of surgery can appear white, gray, “stringy,” blue, purple and still be responding great.
12. **DO NOT PULL YOUR LIP UP OR DOWN TO LOOK AT THE SURGICAL SITES FOR THE ENTIRE FIRST WEEK. ALSO, TRY TO KEEP YOUR TONGUE FROM “FEELING” THE SURGICAL SITE AS MUCH AS POSSIBLE. This can cause the stitches to tear through the tissue.**

**Dr. Adam Weaver Contact Information**

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