



MOUNTAIN TOP

PERIODONTICS & IMPLANTS

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Post-Operative Instructions for PST

Dear Patient:

HEMORRHAGE CONTROL: Do not suck on the wound or spit unnecessarily as it will prolong the bleeding. Do not be alarmed, it is normal to have some blood in your saliva during the next 24 to 48 hours.

PAIN CONTROL: 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.

SWELLING CONTROL: To aid in the prevention of swelling after this extensive and difficult oral operation, the application of ice packs to the face is very effective. Ice Packs should be used 15 minutes out of each hour until bedtime, do not use ice packs for longer than 48 hours. Keep your head and shoulders elevated to a 45 degree angle until bedtime. The first day after surgery, do NOT apply heat to the face unless you specifically told to do so.

DIET: You may have a soft diet upon returning home. Drink plenty of fluids, but DO NOT USE A STRAW. Well balanced meals are important to recovery. Do not use any alcohol for the first 24 hours.

ORAL HYGIENE: After 24 hours, if the bleeding has stopped, a warm salt water mouth rinse (1/2 teaspoon salt + one glass of warm water) will aid in healing. Use Listerine Total Care (Zero Alcohol) after every meal. Do not swish the mouth rinse. The rinsing should not be excessively vigorous as this may affect healing. Use after every meal or at least 2 times a day.

DO NOT WEAR ANY MOUTH APPLIANCES (PERIO-PROTECT, SPORTSGUARDS, FLUORIDE TRAYS, BLEACING TRAYS, ORTHODICS, ETC.) UNTIL INSTRUCTED TO BY DR. WEAVER/ DR. CHANG

REST: Avoid over fatigue. Go to bed early at night and get adequate rest during the day. Remain inactive for 24 hours.

LIPS: If the corners of your mouth are cracked or sore from the retractors during surgery, keep lubricated with a little Vaseline.

BLACK AND BLUE: Do not be alarmed if a yellow blue-black discoloration appears on your face after surgery. It may take a week or so to fade away.

ANTIBIOTICS: It is not always necessary to take antibiotics after a surgical procedure. If you are given a prescription for an antibiotic, have it filled and take all of the medication according to the instructions on the label.

SUTURES: Occasionally sutures are placed. The sutures are non-dissolvable and will need to be removed by Dr. Weaver

POST-OP VISITS: You should return to the office for your post-operative visits at the suggested time. However, feel free to call if you are having any problems. (At 2 week post op, we will supply a post surgical toothbrush to use in the affected areas)

IF IN DOUBT PLEASE CONTACT US! Office: 719-594-0091. Dr. Adam Weaver Cell: 303-549-8693 Or Dr. Kearny Chang Cell: 626-344-2528 (please leave a message or text if there is no answer).

1. NO BRUSHING OVER SURGICAL SITE(S) for 2 full weeks
 2. NO FLOSSING OR WATERPIK FOR 6 WEEKS
 3. NO TOUCHING: with finger or any other device or object.
 4. Do not lick surgical area.
 5. Do not use cotton swabs, cloth or any soft or hard object to clean area.
 6. Do not sleep with hands under the cheek where surgery was done.
 7. No facial massages for 3 weeks or massage that area of the face for any reason.
 8. NO LOOKING: Do not obsess over or question Doctor about appearance of gums for 6 weeks. You cannot look without pulling cheek.
 9. RINSE ONLY WITH LIPS APART: SLOSHING ONLY
 10. NO Chipmunk cheeks when you rinse.
 11. Do not play wind instruments for 1 week.
 12. Do not suck on straws for 2 weeks.
 13. Do not blow balloons.
 14. No spitting.
 15. No mints over surgical area.
 16. No smoking, chewing tobacco, cigar, pipe or recreational marijuana. Please consult doctor if you use marijuana for medical purposes.
 17. WEAR PRESCRIBED BITE APPLIANCE 24 HOURS A DAY, if instructed. (e.g., retainers, Invisalign, night guard, etc).
 18. No Clenching or grinding of the teeth
 19. No heavy lifting that require clenching of the teeth.
 20. No heavy aerobics or vigorous dancing or physical activity for 1 week.
 21. No Snorkeling for 6 months
 22. ICE OVER AREA at 15 minute intervals for the first 48 hours to minimize swelling.
 23. DO NOT BE ALARMED ABOUT SOFT SWELLING OR BRUISING FOR THE FIRST WEEK.
 24. DO NOT EAT crunchy or sticky food that can get stuck on or in between your teeth.
 25. EXPECT cold sensitivity for 6 weeks or longer. DO REPORT sensitivity during check-up appointments.
 26. PAIN CONTROL- take one each of acetaminophen (Tylenol) and NSAID (Motrin or Advil) at the same time, subject to other instructions by Doctor.
 27. CALL DOCTOR IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING, OR HEAT FROM SURGICAL SITE.
 28. Patient MUST return to office 2 week after surgery and 6 weeks after surgery.
 29. After the 2nd week you may brush surgical area with special extra soft brush dispensed or ordered by this office for 1-2 weeks.
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