

POST OPERATIVE INSTRUCTIONS-PERIO SURGERY

1. DO NOT EAT OR DRINK FOR 2 HOURS AFTER SURGERY.
2. DO NOT INVESTIGATE DRESSING WITH TONGUE OR FINGERS. THIS DRESSING SERVES AS A BANDAGE TO PROTECT THE WOUND.
3. AVOID TART OR SPICY FOODS.
4. DRINK FRUIT JUICES WITH A STRAW.
5. IF DRESSING BREAKS OR FALLS OFF, CALL THE DOCTOR!
6. FOR POSTOPERATIVE COMFORT, TAKE PILLS AS PER INSTRUCTIONS ON PRESCRIPTIONS GIVEN TO YOU.
7. BRUSH HEALTHY PARTS OF MOUTH. BRUSH ONLY THE BITING SURFACES OF THE TEETH WHERE SURGERY WAS PREFORMED. BE SURE TO BRUSH.
8. RINSE MOUTH CAREFULLY AFTER EATING. CLEAN OUTSIDE OF DRESSING WITH MOISTENED COTTON SWAB OR Q-TIP.
9. SWELLING CAN BE SOMEWHAT CONTROLLED BY THE UTILIZATION OF ICE PACKS. APPLY ICE WRAPPED IN A TOWEL ALTERNATELY 10 MINUTES ON, 10 MINUTES OFF, FOR 2 OR MORE HOURS, IF POSSIBLE.
10. IF YOU HAVE HAD A TISSUE GRAFT FROM THE ROOF OF YOUR MOUTH, AVOID LONG CONVERSATIONS ON THE PHONE OR OTHERWISE. THE MOVEMENT OF THE JAW PULLS THE GRAFT WOUND OPEN.

IN EMERGENCY, CALL THE DOCTOR!

DAY 480-391-0044

NIGHT 480-951-3896