



Richard H. Yamada, D.D.S
Douglas V. Gorin, D.D.S
Richard F. Marinello, D.D.S
Mark A. Rosen, D.D.S
Stephen P. Russo, D.M.D, M.S.
Nadine Brodala, D.D.S, M.S.

Cosmetic & Reconstructive Periodontics
Dental Implants

POST OPERATIVE CARE FOLLOWING PERIODONTAL SURGERY

1. ICE PACK/HEAT

- A. DAY OF SURGERY – It is important for you to apply an ice pack to the outside of the face over the surgical site, 20 minutes on, then 10 minutes off, as much as possible today. This will help prevent and reduce any swelling. Food and drink today should be room temperature or colder. **AVOID VIGOROUS RINSING.**
- B. REST OF WEEK – Some swelling overnight is normal. Drinking warm liquids such as tea, coffee and soup will help reduce swelling. Warm liquids and warm rinses throughout the next week will reduce swelling and ease discomfort. At no time should warm compresses be utilized on the outside of the face.

2. BLEEDING

- A. Avoid strenuous activity, including aerobic exercise for the first few days. Some bleeding is common for the first 48 hours. A small amount of blood mixed with saliva may give the appearance of profuse bleeding. Do not be alarmed. Gently rinse using cool to cold water. **DO NOT** take aspirin, aspirin compounds (Anacin) or ibuprofen (Advil) if bleeding occurs.

3. PACKING

- A. A dressing has been placed over the surgical site for your comfort and to protect the area. It will become hard in 1-2 hours. Try not to eat on the side of the packing.
- B. If some or all of the dressing comes off after the first few days, try to avoid excessively hot or cold food or liquids, however, if there is no discomfort or bleeding it will not require attention.
- C. Should the packing fall out and bother you, please call the office during office hours to arrange for another dressing to be placed. The dressing will be removed at your next appointment in 7-14 days.

4. HYGIENE

- A. It is important to keep the hygiene up in the rest of your mouth by brushing and flossing regularly. Do not brush or floss in the area of the surgical packing. Avoid vigorous rinsing, as this could dislodge the packing and initiate bleeding.
- B. Mouthwashes containing alcohol can irritate the surgical site and should be diluted with water if used.

5. PRESCRIPTIONS

- A. ANTIBIOTICS – You may be given antibiotics following surgery. It is important to take all of the antibiotics until gone, even if you feel well.
- B. ANALGESICS – Mild discomfort can be controlled with 1-2 Tylenol tablets, or over the counter ibuprofen 200mg X 2 every 3-4 hours as needed or with prescription medication as directed. Pain relievers can make you drowsy, so avoid driving and other hazardous activities. To avoid stomach upset, always take medications with a full glass of water (no milk, fruit juice or caffeine). Take the first dose before the local anesthetic wears off and then as directed and only as needed. If nausea occurs and cannot be controlled, stop all medications and call the office.

6. NUTRITION

- A. Nutrition is very important to proper healing. Below are listed examples of foods suggested following surgery:
 - Any soft, cool foods such as: applesauce, eggs, jello, rice, pasta, potatoes, bananas and cold soups.
 - You may eat nearly any food, just cut into small pieces and chew on the opposite side of the mouth away from the surgical dressing.
 - AVOID: Dairy products impair absorption of medication and should be avoided one hour before or after taking medication. Also avoid spicy, acidic foods, alcohol, hot liquids, and very hard foods. Popcorn and nuts which may become lodged under the dressing should also be avoided.

MORE INFORMATION ON THE BACK

SPECIAL INSTRUCTIONS:

The doctors are on call 24 hours a day. Contact our office if there is:
EXCESSIVE BLEEDING, SEVERE PROLONGED PAIN, ABNORMAL SWELLING OR A SIZABLE LOSS OF THE SURGICAL DRESSING WHICH HAS RESULTED IN DISCOMFORT.

**EMERGENCY NUMBERS TO CONTACT
DOCTORS DIRECTLY:**

Dr. Yamada	312-740-4000	Pager
Dr. Gorin	312-740-4001	Pager
Dr. Marinello	312-740-4002	Pager
Dr. Rosen	847-217-4780	Mobile Phone
Dr. Russo	312-371-3654	Mobile Phone
Dr. Brodala	312-972-2930	Mobile Phone

The numbers for Drs. Yamada, Gorin and Marinello are pager numbers, so please remember to dial in your area code and phone number after you hear the tone. The phone numbers for Drs. Rosen, Russo and Doan are mobile phones, if there is no answer, please leave a detailed message with your name and phone numbers and your call will be returned promptly.

For NON-EMERGENCY situations, please call the office:

Skokie Office: 847-675-7555
Chicago Office: 312-641-2572

Thank You.