

PRE-OPERATIVE INSTRUCTIONS

- In order to make your periodontal care as pleasant as possible, we offer a variety of treatment aids to maximize your comfort. We maintain an extensive music library for your listening pleasure along with music streaming, or you may wish to bring your own CD's or MP3's to help you relax.
- All of our procedural suites are fully equipped with nitrous oxide analgesia and oral sedatives. If you desire more profound anesthesia, our anesthesiologist will monitor your intravenous sedation at an additional fee.
- In order to assure your optimal comfort and convenience, it will be necessary for you to secure transportation to and from our office along with someone to attend to you for at least 24 hours following your procedure.
- Analgesics and anti-infectives are often prescribed for postoperative management and a course of probiotics is recommended.
- If you have any questions regarding your treatment or are unclear about any aspect of your care, please feel free to discuss your therapy with the doctor or our staff.

POST-OPERATIVE INSTRUCTIONS

- The covering which may have been placed over the treated areas is a surgical dressing and should not be disturbed. The dressing may remain in place until your next appointment or, in some cases it may be removed earlier if it is uncomfortable for you. It is expected that small pieces of the dressing will come off during the post-operative period. However, if any significant portion of the dressing should become loose or mobile to any degree, please contact our office as soon as possible.
- If you have a hard plastic stent covering the roof of your mouth, it should be removed and cleaned after meals beginning five to seven days after your procedure as instructed. Rinse thoroughly to cleanse your palate, and replace the stent using a salve (e.g. Orabase) if you desire. The stent will keep your palate protected and comfortable while it heals.
- Follow a soft, bland diet for two to three weeks after surgery and, if instructed, avoid any chewing at all. A liquid diet is ideal for the first week or two, although the use of straws is to be avoided. Please attempt to assure proper nutrition while healing.
- Refrain from smoking for at least two to three weeks following surgery, especially after procedures involving the palate. Healing in all areas may be seriously compromised by smoking.
- Limit exercise and physical activity following your procedure. Keep your head elevated and avoid any increases in pulse or blood pressure.
- Some discomfort may be felt when the anesthesia wears off or may occur several days later. Two ibuprofen (e.g. Advil) tablets or capsules (as tolerated) may be taken every three to four hours in addition to any medications that have been prescribed (see reverse, bullet number 4).
- In most cases, some swelling is to be expected. Use an ice pack on the outside of your face in the area(s) of your procedure for 15 minutes of every half hour for the first two to three days following your treatment. Often the swelling will not appear until several days after the procedure.
- It is not unusual to find blood stains in your saliva after the operation. If there is considerable bleeding, rinse the area to remove any gelatinous clots. Then place a piece of sterile gauze or a moist tea bag on the area, applying constant pressure for 20 minutes. Repeat if necessary, keeping your head elevated.
- When performing your oral hygiene procedures, avoid the areas with dressing, if possible. In order to help keep these areas free from debris, rinse thoroughly using a 1½% solution of hydrogen peroxide (e.g. 3% hydrogen peroxide diluted with an equal amount of water).
- Do not hesitate to contact our office at any time. We are always available to assist you. Call 561-391-1800 (or 1-888-81PERIO if outside the local calling area) and leave a clear, concise message with an accurate phone number at which we may reach you. If your concerns are urgent, press #8 on your touch-tone phone after recording your message, and we will return your call as soon as possible.