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INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

NOTE: WE REQUIRE AT LEAST A 48 HOUR NOTICE IF YOU ARE UNABLE TO KEEP YOUR SURGERY APPOINTMENT AT THIS TIME. THIS TIME IS BEING RESERVED SPECIALLY FOR YOU. IT IS OUR OFFICE POLICY TO CHARGE PATIENTS FOR APPOINTMENTS THAT ARE MISSED OR CANCELLED WITHOUT 48 HOURS PRIOR NOTICE.

DRVING: If you have been given a sedative (Valium or Ativan) before or during the operation, do not drive an automobile for that day.

DISCOMFORT: Two prescriptions for pain medication (a narcotic and an anti-inflammatory pain medication) may be given to you. Have prescriptions filled prior to your surgery.

- Vicodin or other narcotic pain medication will affect your reflexes. Do not drive while taking this medication.
- The anti-inflammatory medication Celebrex or Motrin is an effective pain reliever and can be used while driving and working.
- DO NOT take either medication on an empty stomach as it may cause nausea.

ORAL HYGIENE: DO NOT brush and floss for 24 HOURS after the surgery. You MAY brush and floss the areas NOT treated surgically AFTER 24 HOURS, and begin brushing only the chewing surfaces of the teeth in the areas where surgery was done. DO NOT FLOSS those areas where surgery was done until AFTER your next appointment at our office.

SWELLING: Swelling that occurs within the first 48 hours following surgery is NORMAL. This swelling may last for up to one week. However, swelling that BEGINS after three days may indicate an infection, and our office should be contacted immediately. During the first 24 to 48 hours after the surgery an icepack on the outside of your face 15 minutes ON and 15 minutes OFF to help reduce any swelling you may have. If you don't have an icepack, a plastic bag with ice cubes or a bag of frozen peas will suffice. You may let small ice chips dissolve in your mouth as well. Sleep and rest with head elevated on 2 pillows for 2 days. Sleep on your back as much as possible.

BLEEDING: It is normal for wounds to seep small amounts of blood for a day or two after surgery causing blood stains in saliva. There may be occasional bleeding for the first few hours following surgery. Firm finger pressure directly over the area with damp black tea bags or damp gauze for 15-20 minutes should stop the bleeding. UNDER NO CIRCUMSTANCES should rinsing be used to stop bleeding. Also, stay away from anything that can cause a vacuum in your mouth, such as using a straw, or spitting for 48 hours following surgery.

BRUISING: Some bruising can be expected after surgery. To minimize bruising, begin drinking pineapple juice AFTER surgery and continue for 1 week or longer if bruising remains. Pineapple juice contains Bromelain. As an alternative, begin Bromelain Plus after surgery to help decrease bruising. Bromelain pills can be purchased at Whole Foods or GNC. Take 1 tablets 3 times a day, between meals. DO NOT use if you have ulcers or are taking prescription anticoagulants. This herb may interact with other medications. Minimize use if taking anticoagulation medications such as Aspirin, Motrin, etc.

DRINKING: Drink plenty of water, DO NOT DRINK ALCOHOLIC BEVERAGES during the first 24 hours following surgery OR while taking narcotic pain pills. Hot liquids should be avoided as they tend to dissolve blood clots and bleeding can occur. Water, lukewarm fluids and juices that do not contain citrus (e.g. oranges, tangerines, grapefruits, lemons, limes) are the best beverages. AVOID drinks with caffeine as these are dehydrating. NO SMOKING during the period of healing.

EATING: Eat soft nourishing foods like eggs, refried beans, milk, soups, cottage cheese, fish, bananas, etc. AVOID EATING foods such as chips, peanuts, poppy seeds, sesame seeds, popcorn, and spicy foods for 1 week.

ACTIVITIES: Most people feel normal within a day or two after surgery. You can return to work as desired as long as your job does not involve any heavy lifting or straining. Do not do aerobic or heavy exercise for at least 1 week after surgery in order to avoid late swelling and bruising. No bending over. Sleep and rest with head elevated on 2 pillows for 1 week.

RINSING: DO NOT RINSE your mouth for 24 hours after the surgery. After 24 hours, rinse gently with the prescribed mouthwash (Peridex or Periogard) twice per day for the first week after surgery. After 48 hours, you may rinse gently every 4 hours or so with warm salt water (1 tsp. of salt in a glass of warm water).

SUTURES: These remain in place for approximately 1 week. Your doctor's assistant will remove the sutures a week after surgery. If instructed by Dr. Kim, some stitches may be removed 2 weeks after surgery. Do not play or pick your stitches off but rather let them fall out on their own.

If periodontal dressing placed on the surgical area, and it come off automatically, please discard it.

COMPLICATIONS: Unexpected occurrences are very infrequent. When they occur, they are likely to be the result of your individual healing capacity or may be the result of misunderstood instructions. Rest assured, we will assist you in any way possible with regard to such events. Should the unexpected occur, it is in your best interest to work closely with the doctor and staff. We will support you through any difficulties.

POST-OP APPOINTMENTS: It is very important that you follow the schedule of appointments we establish after surgery.

IF BONE GRAFT (BG) OR GUIDED TISSUE REGENERATION (GTR) WAS PLACED

- DO NOT FLOSS the area where the bone graft was placed for 6 weeks.
- DO NOT use a proxy brush or rubber tip where the bone graft was placed for 6 weeks.
- DO NOT use an ELECTRIC TOOTHBRUSH for 6 weeks.