



### Post-Operative Instructions:

- 1) **Activity:** It is recommended that you do not plan any intense physical activity or exercise the day of surgery and for several days afterwards.
- 2) **Periodontal dressing:** A putty material may be placed around the surgical site to enhance comfort and protect the area. It should be left undisturbed until your next visit. If a portion breaks off it does not need to be replaced unless it causes discomfort, or if Dr. Jiang stated it needs to stay on.
- 3) **Rinsing:** Do not rinse your mouth during the healing period because it may dislodge the dressing, cause persistent bleeding, and impair healing.
- 4) **Bleeding:** Occasional blood stains in the saliva for the next day is normal and should subside. If bleeding is persistent, attempt to reduce it by applying light constant pressure to the area for 30 minutes. If bleeding persists, then repeat this procedure or call the office. Avoid forceful rinsing, spitting, and refrain from using straws.
- 5) **Swelling:** Some swelling is normal and may not begin until the day after surgery. It may become worse the second or third day after surgery, without improvement for several days. An ice pack used immediately after surgery for 20 minutes on, 20 minutes off for several hours after surgery with help reduce swelling. If any fever, drainage or bitter taste develops, call the office.
- 6) **Discomfort:** Mild to moderate discomfort after surgery is normal and will be reduced by taking medication immediately after surgery or as soon as possible. Ibuprofen (Advil or Motrin) 600-800mg (3-4 tablets) taken every 6-8 hours will alleviate swelling and discomfort. Take this medication for 2 days whether or not you have pain in order to reduce swelling. A stronger medication may also be prescribed and taken as an alternative to ibuprofen.
- 7) **Prescriptions:** If antibiotics are prescribed, be sure to follow instructions carefully and promptly call the office if there is any adverse reaction (itching, redness, persistent diarrhea, etc.) You cannot drive or operate heavy machinery while taking some medications including sedatives (Valium, Diazepam, etc.) or narcotic pain medications (Codeine, Vicodin).
- 8) **Eating:** Avoid chewing on the side of your mouth where the surgery was performed. Avoid hard or sharp foods (hard bread, chips, pretzels, popcorn), acidic foods (citrus fruits), spicy foods, seeds/nuts and alcoholic beverages. Otherwise, most foods can be eaten if they do not cause discomfort.
- 9) **Oral Hygiene:** Do not brush/floss at the surgical area or where the surgical dressing is located. An antibacterial mouth rinse, Peridex, may be prescribed as a substitute for brushing in these areas. Allow the liquid to pool around the site for 30 seconds and then passively spit out. Brush and floss all other parts of your mouth normally but avoid vigorous rinsing.
- 10) **Smoking:** NO SMOKING. This will impair the healing of the area and should be avoided.

If any questions or problems arise, please call the office.

For dental emergencies outside our business hours, please call **781-395-2000, press 3 to reach Dr. Jiang.**