

Custom*Periodontics & Implantology

Shelby Nelson DDS, MS

Post-Op Instructions **Resective (CL/Osseous/Frenectomy/Biopsy)**

The first 24 hours after your surgical procedure are the most important and will ultimately determine the outcome of your procedure and the course of your healing.

Follow these post-op instructions to achieve optimum results.

1. Absolutely no activity for 24 hours and only light activity in the week to follow. Heavy activity will increase blood flow, which can lead to bleeding and swelling.
2. **ICE:** Alternate every 15 minutes with the ice pack (15min. on/ 15 min off). This will accelerate your healing and minimize swelling or bruising.
3. **Ibuprofen:** Continue to take 600mg of Ibuprofen every 4-6 hours for the next 3-5 days. If you are not hurting, it is because the medicine is working so keep taking it.
4. Sleep with your head elevated at night. This will also help to minimize any swelling.
5. **FOOD:** Only soft food for the first day. Nothing hot for the first 24 hours. Yes I'm sorry but you need to eat your soup and drink your coffee at room temp. ☺
6. **HYGIENE:** gently brush the area with the super soft toothbrush provided for the first 2 weeks. Cleanse the area with the Peridex mouthwash using a q-tip to gently wipe around the tooth. You may resume flossing in 1-2 weeks.
7. **ANTIBIOTICS:** If prescribed, take your antibiotics until they are completely finished.
8. **SENSITIVITY:** You may experience sensitivity to hot and cold as your tissue heals. This is normal.
9. **SUTURES:** Your sutures (will / will not dissolve). They will be in place for at least 7-10 days so try not to play with them with your tongue. The sutures will be removed when the tissue is stable. Some of your sutures may come loose early or dissolve early, this is not uncommon and not an emergency.
10. In the next 2-3 months, the soft tissue fibers of your gums will be reattaching to your tooth. Any fillings or crowns that you have planned with your general dentist on this tooth must wait until this time.
11. **EMERGENCY:** Should you have any problems with bleeding, swelling, or pain please call (817) 738-2334 during normal clinic hours or 214-454-3816 for after-hours/weekend.