



James A. Simonds, D.M.D.  
 Jay Uemura, D.D.S.  
 Periodontics and Implantology  
 2213 Mendocino Avenue, Suite A

Santa Rosa, California 95403  
 707.525.0555 / 707.525.0665 FAX

## Post Operative Instructions

After hours: Doctors can be reached, please give them a call if needed.

- Allow yourself to **RELAX** for 3-4 days after surgery, ease back into activities.
- Resume **normal activities** (walks, shopping, light duty working, laundry) on \_\_\_\_\_.
- Resume **strenuous activities** (hiking, heavy duty working, major housework) on \_\_\_\_\_.

### Do's

- Elevate your head upon rest or sleep for the 1<sup>st</sup> 24 hours.
- ICEPACK! 5-10 minute intervals for the next 4-5 hours after surgery
- Brush and floss all other areas of the mouth *not* affected by surgery.
- Take pain medication *before* the anesthetic (numbing-feeling) wears off.

### Don'ts

- ♦ **No talking for the first:**  
 (Circled): 24hrs 48hrs **72hrs**
- ♦ Do not Smoke [1 week] Drink alcohol [48 hours]  
 Do not use straws!! No Suction/Spitting. [48 hours]
- ♦ Do not rinse (or spit) for 48 hours! Do not brush or floss the surgical area for the first week after surgery.
- ♦ Do not pull your lip/cheek back to look or show others.  
 Avoid sleeping on the areas treated.

**SOME BLEEDING IS NORMAL:** Protect the clot that is forming at the site. Bleeding should decrease with time, although slight bleeding may be noticed up to 2-3 weeks after surgery. *-If bleeding persists, it can usually be controlled by applying firm pressure to the bleeding site for 3-5 minutes with a warm tea bag -Sit upright and avoid talking or excess motion. Give us a call if bleeding is uncontrollable.*

**ORAL HYGIENE:** Cleanliness is imperative: it limits bleeding & inflammation caused by plaque.

**1.) Do not brush surgical site for first week.** Brush and floss all teeth **not** treated. Avoid toothpaste for the 1<sup>st</sup> evening. **2.)** In most cases you will discontinue using electric toothbrushes for up to 8 weeks, check at your 3-week appointment to see what your doctors recommends for you. **3.)** Begin PerioGard (prescription mouth rinse) 2 days after surgery, on:\_\_\_\_\_. Brush your teeth, your tongue, and floss prior to using PerioGard.

**MEDICATIONS:** Continue (all) medications as directed, or as needed for pain. [Many experience mild discomfort, requiring mild medication such as Ibuprofen or Tylenol.] Some antibiotics are given to prevent infections while others are prescribed to encourage the necessary bacteria for healing. Take all medication with 8oz. room-temperature water so that it won't upset your stomach.

**DISCOMFORT:** Pain can be avoided by following instructions. Everyone is a little different, so please don't rely on advice from well-meaning friends and family. We are here to assist you.

**SWELLING:** If you bruise easily and/or if swelling occurs: Apply a warm, moist compress (wash cloth) for 10-minute intervals the morning after surgery. **DO NOT** use electric heating pads. After 48 hours, you may rinse with a tall glass of warm water with ½ teaspoon of table salt. Use Epsom salts if you're sensitive or have high blood pressure.

**EAT WELL:** Start with liquids and soft, bland meals for the first week after surgery. Even though you may not feel like eating, stick with nutritious foods to aid your healing = this is not a time to diet!

--Avoid spicy foods or extreme temperatures. --Avoid hard or chewy foods. --Vitamin supplements are welcome.

**SUTURES:** (Stitches) were used to *very specifically* place gum tissue in the proper position.

It is normal during the first week the stitches may feel tight and they *may* loosen by the end of the first week.

**The Sutures will be removed in (circled):**                      **7 days**                      **14 days**

\**Two Types of Surgical Dressings* (circled):                      Periacryl                      Coe-Pak

\*Periacryl is a clear, surgical-super glue. It may loosen or slough off within the 1<sup>st</sup> week, this is normal.

\*Coe-Pak is a periodontal dressing; it is pink in color with a puttylike texture. It is used to protect the tissues or to protect bone grafts if they are placed. Some small pieces may break off. If you should lose large portions of it you will need to have it replaced as soon as possible.     ~Call us if you need anything.

**Thank you for your time, efforts & cooperation! –Drs. Jim Simonds, Jay Uemura, and team!**