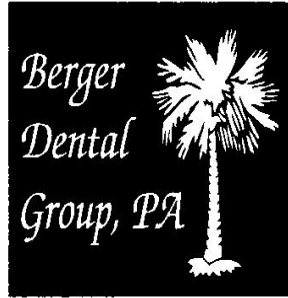


Robert F. Berger, D.D.S.  
Marc F. Berger, D.M.D.  
Deidre B. Crockett, D.M.D.  
Dmitriy V. Denissenko, D.M.D.

Periodontics  
Milton L. Adams, D.D.S.

Oral Surgeon  
Robert H. Blease, D.D.S.



5251 Forest Drive  
Columbia, SC 29206  
Phone (803) 787-9793  
Fax (803) 738-0300

2521 Main Street  
Elgin, SC 29045  
Phone (803) 438-1347  
Fax (803) 438-2272

[www.bergersmile.com](http://www.bergersmile.com)

email: [dbergerdds@bergersmile.com](mailto:dbergerdds@bergersmile.com)

*General Dentistry, Periodontics, Implants, TMJ, Aesthetic Dentistry*

## **POST-SURGICAL INSTRUCTIONS**

### **1) ORAL HYGIENE AND OTHER INSTRUCTIONS**

- A. DO NOT brush, floss or use any other devices like the Proxabrush in the area of the surgery until your post-op visit.
- B. Beginning today when you normally clean your mouth, you may brush the chewing surfaces of the teeth but do not touch the gum line with the toothbrush bristles. If recommended, you may use a pikster (small) stimulator between the teeth very gently. Be sure to use the mouthwash as described below on day two.
- C. Complete plaque removal is important and necessary for proper healing.
- D. A slight amount of bleeding while performing oral hygiene procedures should be expected for a few weeks following the surgery.
- E. **Mouthrinse (rinse VERY gently moving head from side to side)**
  - Chlorhexidine 0.12% (Peridex or Periogard) – Beginning the second day, rinse for 30 seconds with 50% mix with water after brushing and flossing in the morning and at bedtime. Spit out and do not swallow.
- F. **DO NOT** drink thick drinks like a milkshake through a straw, or clench your teeth for 48 hours. **DO NOT** exercise aerobically or strenuously for the next 48 hours. **DO NOT** smoke for three weeks at least. Better, not at all.

### **2) DISCOMFORT**

- A. When the anesthesia wears off, you should expect some degree of discomfort. Take the medication prescribed for you:
  - Ibuprofen 200 mg (Advil, Motrin) – take 4 tablets every 6 hours for 3 days or longer
  - Other \_\_\_\_\_

### **3) SWELLING**

- A. A slight amount of swelling may occur during the first several days following your surgery.
- B. Apply a cold compress (ice pack) to your face, leaving it on for 15 minutes then off for 15 minutes. Repeat as needed for the first twenty-four hours. After that first twenty-four hours, if you feel a need to treat some swelling, switch to a moist heat application, used on for 15 minutes then off for 15 minutes for as long as you choose. **DO NOT USE AN ICE PACK MORE THAN 24 HOURS.**

4) **BLEEDING**

- A. There may be occasional blood stains in your saliva during the first few days. This is normal and expected.
- B. However, excessive bleeding is neither normal nor expected. If bleeding is excessive, apply wet gauze on each side of the surgical area, and hold it with firm continuous pressure for 30 minutes. If bleeding continues, please call Berger Dental Group (803) 787-9793.

5) **SURGICAL DRESSING (IF USED)**

- A. If a surgical dressing was used, do not brush over the surgical area. Continue to keep the rest of your teeth clean.
- B. The dressing placed in your mouth is helping to hold the tissue in place and/or is for your comfort. Small pieces of the dressing may break off. This is expected. If a large piece of the dressing or the entire dressing comes off and you do not experience excessive discomfort, there is no need for concern. Simply begin cleaning the area gently as described above using the mouthwash and cotton swab routines.
- C. As it takes 1 to 2 hours for the dressing to harden, avoid eating, drinking hot liquids, or excessive talking during this period.

6) **STENT**

- A. If you had a gum graft, and are wearing a clear plastic cover in the roof of your mouth, leave this in place for 24 to 48 hours. Then remove it, clean it gently with a toothbrush and replace it in your mouth.
- B. The stent may be removed while eating and to brush and floss your teeth.

7) **DIET**

- A. Be sure to drink plenty of liquids. **DO NOT** use a straw for thick drinks like a milkshake – have that with a spoon or right out of the cup. **DO NOT** have anything carbonated for 48 hours – this includes sodas, beer, sparkling waters, bubbly juices and champagne.
- B. Limit your diet for the first several days to soft foods – avoid hard chips and crunchy breads.
- C. Chew only on the side of your mouth away from the surgical area if possible.
- D. Have something in your stomach if you take the prescription pain medication.
- E. You do not have to have only soup, yogurt and oatmeal unless that is what you want to eat. You may eat most anything you are interested in eating if you eat carefully and gently.

8) **OTHER**

- A. If you were sedated, DO NOT drive for at least 24 hours or until you are clear headed and off narcotic pain medication.
- B. If you were sedated, DO NOT make any significant decisions for at least 24 hours or until you are clear headed.
- C. A bruise may be noted where the IV was started if you had an IV. Treat that with cold packs for only the first twenty-four hours and moist heat after the first twenty-four hours as described above.

9) **Should you have a question or a problem, please do not hesitate to call:**

- A. Berger Dental Group at (803) 787-9793
- B. Dr. Berger's cell phone \_\_\_\_\_.

10) **Other concerns or instructions:**

As you heal, your sutures may loosen. You should not attempt to remove these sutures. Come in soon and we will remove sutures.