



ANDREW R. SAMUEL, D.M.D.

PRACTICE LIMITED TO PERIODONTICS

Specialty Permit #4005

Periodontal Therapy Dental Implantology

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INSTRUCTIONS AFTER PERIODONTAL SURGERY

1. **DISCOMFORT** is usually readily controlled by following these recommendations: Take Ibuprofen (Advil, Motrin), Aleve (naproxen) or Acetaminophen (Tylenol) at the proper intervals for 1-2 days whether you have discomfort or not. If discomfort is not relieved, fill the prescription and take as directed. If discomfort is severe, please contact us.
2. **BLEEDING** should be minor, although oozing of blood is expected for the first 12-24 hours. If bleeding persists, place a moistened gauze over the treated area and apply pressure for 5-10 minutes. Repeat if necessary. If bleeding continues or becomes severe, please contact us immediately.
3. Mild **SWELLING** or puffiness may result. To keep swelling at a minimum, place ice on your face over the treated area. Keep ice on for 15 minutes, then off for 15 minutes. Repeat as frequently as possible for the first 12-24 hours. If swelling or bruising is persistent after 3 days, warm compresses can help to dissipate the swelling. If severe swelling occurs, or if it is accompanied by difficulty swallowing or breathing, please contact me immediately.
4. (Some patients:) A **DRESSING/PACKING** will cover the treated areas until your next appointment. If the pack completely falls off within 5 days, please call our office. Usually this is of little concern. If small pieces come off during the week, there is no need for concern.
5. You will need to return in 7- 10 days to have the sutures removed. Please do not disturb these sutures with your tongue.
6. **EAT ON THE OTHER SIDE OF YOUR MOUTH.** Eat a nourishing soft diet of high proteins and drink plenty of fluids. Avoid hot foods and beverages and spicy, acidic, salty, and crunchy foods. (No sesame or poppy seeds or popcorn).
7. **DO NOT BRUSH THE TREATED AREAS UNTIL DIRECTED.** Use Chlorhexidine (Periogard, Peridex, PerioRx) mouthrinse as prescribed. This will help keep plaque accumulation at a minimum during healing. Brush and floss other areas of your mouth as usual.
8. **AVOID** excessive exertion of any type for 24 hours after surgery.
9. If **ANTIBIOTICS** are prescribed, it is important that you continue taking this medication until finished. **NOTE:** Antibiotic use while taking birth control pills may decrease their contraceptive effect. Therefore, additional birth control measures should be used while taking antibiotics.
10. **DO NOT SMOKE** while the treated area heals. Smoking will delay healing which will increase discomfort and impede a successful outcome of treatment.
11. If you have any questions or concerns, please feel free to call the office at (732) 517-9800. **EMERGENCIES** can be handled anytime, day or night by calling (732) 517-9800 and following the prompts.