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## WEST MICHIGAN PERIODONTICS

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### INSTRUCTIONS

Patients that are being sedated require an escort to and from their appointment.

Please eat normally prior to your treatment. Nutrition following treatment is also important.

For any patient that requires antibiotic pre-medication, the recommended prescription **MUST** be taken prior to the treatment and for any post-operative visits.

Anticipate long lasting (3-8 hours) numbing from the anesthetics used for the procedure.

Peak discomfort is usually 4-6 hours following the procedure. It is important to take the prescribed medications as directed. These medications work best at preventing pain **BEFORE** it occurs.

A cast may be placed in the surgical area. The cast expands over time and can cause pressure on the teeth. A persistent, dull aching sensation may occur 24-28 hours following the procedure. **THIS IS NORMAL.** Try to leave the dressing on for as long as possible. If, however, this becomes too much of a problem for you, then carefully remove the cast with a toothpick and rinse with warm salt water. You may gently brush your teeth after cast is removed. Temperature sensitivity may be a problem when the cast comes off. This is usually temporary and will decrease with good home care.

Do not use straws following surgery for at least 3 days.

It is important to take the prescribed medication for faster healing and to alleviate discomfort. The medications that are routinely used following your surgery are as follows:

1. Dolobid (Diflunisal): A non-steroidal anti-inflammatory for control of soreness and swelling. This drug should be taken 3 times a day for about 3 days. Take with food or immediately after meals to prevent stomach upset.
2. Ultram: This is used to relieve moderate to severe pain. **IF NEEDED**, it can be combined with the Dolobid. **CAUTION:** Sedation can be expected when taking Ultram. Take with food or milk to prevent stomach upset.
3. Crest Pro-Health or Listerine: This is an over the counter antiseptic rinse that should be used 2 times a day to promote faster healing. Use as directed.  
You may be given an additional medication: (If diabetic, do not use.)
4. Medrol Dose Pack (Methylprednisolone): A steroid. Used for patients that do not tolerate the other medications. Use as directed til gone. Take with food or immediately after meals to prevent stomach upset.

Please be aware that we cannot help you with any questions or concerns if you do not contact us. We will be happy to discuss your surgery and treatment at any time.

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## **What to expect after the anesthetic (numbing) wears off:**

1. The gums will be sore. Soreness usually lasts from 2 to 5 days.
2. The teeth will be hot and/or cold sensitive. Thermal discomfort usually lasts from 2-8 weeks. Some teeth might experience this for longer periods.
3. There might be biting pressure sensitivity. This can last 2-4 weeks.
4. There will be shrinkage or recession of the gums. The degree of recession is dependent on the severity of the initial infection.
5. Minimal bleeding is anticipated. However, prolonged or excessively heavy bleeding is not expected.

## **What to do for problems:**

1. Medications are usually given for soreness/swelling or pain. Please take these as advised. Warm salt water rinses are remarkably effective at relieving soreness (1 tsp./cup water). Report excessive pain.
2. Liquid Children's Benadryl as a rinse is very effective if needed.
3. Use of Sensodyne or Crest Sensitivity toothpaste is useful in alleviating thermal problems. These products work best if used twice a day, are left on the teeth for 3-4 minutes, and you are not using your regular toothpaste during this time.
4. A soft diet might be required if biting pressure problems are experienced.
5. Shrinkage is a byproduct of the healing phase. Some tissue rebound can be anticipated over time (usually 2-6 months).
6. If excessive bleeding is encountered, the following should be done:
  - a. Wipe away any clots that may be present.
  - b. Apply pressure to the area for 10 minutes with slightly damp gauze.
  - c. Repeat above if bleeding is still a problem.
  - d. Call office if bleeding is not resolved after doing steps a-c.

## **If you have had a surgical procedure, you will need the following information:**

1. There are two types of stitches which can be used;
  - a. Dissolving sutures should be gone on their own in 5-10 days.
  - b. Silk or synthetic stitches will require removal in 7-14 days.
2. A surgical cast might be used;
  - a. It can harden enough to cause pressure on the gums and/or teeth.
  - b. If the cast comes off, do not be alarmed. This is not a significant problem. Thermal sensitivity will be experienced once the cast is removed. Any remaining cast will be removed in 1-2 weeks.
3. Swelling or bruising may occur following surgery on the lower teeth:
  - a. The degree of swelling varies, but should not be excessive.
  - b. Swelling can be minimized by applying an ice pack immediately after the surgery. The majority of the swelling will be gone within one week.

**PLEASE DO NOT HESITATE TO CALL WITH ANY ADDITIONAL QUESTIONS OR CONCERNS.**

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