

Longmont Periodontics

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Post Operative Instructions

Please follow the instructions for the next **2 weeks** to allow yourself proper healing from the procedure.

You may experience swelling from the surgical and injection site. Please use a cold compress for the first 3 days intermittently (15 minutes on and off) on the outside of your face. The peak of discomfort/swelling will occur on day 3-4 as your body starts to heal. If you experience swelling on day 4 switch to a warm compress.

Medications:

- **Antibiotic:** Please take the antibiotic according to the directions.
- **For pain:** Over the counter Ibuprofen 600mg and Tylenol 500 mg will help with discomfort and swelling. Please take them for the first three days starting on the day of your procedure.

****If you can take Ibuprofen and Tylenol, please take both at the same time every 6-8 hours for the first three days****

Diet:

- Please maintain a soft food diet for the next 2 weeks (If you can cut the food with a spoon, it is soft to consume) (i.e., pasta, plain yogurt, banana, oatmeal, fish, eggs, and protein shakes)
- **Do not consume:** Hard or crunchy foods or acidic foods. (i.e., popcorn, chips, nuts, shells, seeds, tomatoes, peppers citrus fruits)
- **Avoid** hot temperature and spicy foods the first 24 hours
- Drink plenty of water to stay hydrated and to help with the healing process.
- **Avoid** smoking or drinking during this time. (Both can delay healing and make your antibiotics less effective).
- **Do not** use a straw, spit, or swish vigorously during this period. It can cause bleeding, sutures to come loose, create a dry socket or the bone to fall out).

Bleeding:

- Your saliva will be slightly tinged with blood up to 24-48 hours. Please use the gauze or tea bag that was provided to you by moistening it with water and roll it up and gently press against the surgical area for 30 minutes.
- Limit your physical activity for the first three days to help with bleeding (Procedure Day is day one).

Care of mouth:

- Starting day of the procedure, please use a warm saltwater rinse after each meal to help with healing.
- Avoid direct brushing, flossing or the use of a waterpik around the surgical site for two weeks.
- Do not pull on your lip or your cheeks to look at the surgical site.

If bone graft was placed, you may feel extra bone granules and it is okay to swallow or remove the pieces and throw them away.

If a dressing was placed, please know this may fall off at any given time. It can stay until your post operative appointment, and we will remove it for you at that time.

Some sutures are dissolvable, and some are not. If you notice them coming loose after the first 3-5 days this is normal.

Please contact the office at (303)678-5253 or Dr. Van der Werf cell phone if after hours at (970)297-8817 if you have questions or concerns.