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Post-operative Instructions Following Surgery

1. You may experience some discomfort when the anesthesia wears off. If needed, take Tylenol or if an anti-inflammatory drug was prescribed, you may take it as soon as you get home. Pain medication may then be taken after about 2-3 hours. After the first pill, others may be taken but only as prescribed. Antibiotics must be taken as directed until all are gone. Avoid nausea by keeping some light non-greasy foods in your stomach, like dry toast, jello, or dry cereal.

2. You have been given an ice pack. Use this pack on your face over the operated areas for 10 minutes on & 10 minutes off. If you follow this practice for several hours, you will reduce any bruising, swelling, or pain. Frozen peas also provide a good ice bag. If swelling occurs it could persist for several days

3. A pink color to the saliva for a day or so after the surgery can be expected. If there is much bleeding, hold a gauze over the source and apply firm pressure with the gauze provided. A tea bag with firm pressure may also be used. Twenty minutes of firm, undisturbed pressure should stop any bleeding. If it does not, call the office.

4. If a surgical dressing has been used, it may come off, if it does not come off, and there is no great bleeding or discomfort, leave it alone and do not worry about it. If you are unsure, call the office. Try to keep fingers and tongue away from the surgical site.

5. Don't brush or floss the operated areas until your post-operative visit. You should brush and floss the unoperated areas of your mouth regularly. Rinse with 1 tablespoon of salt in 8 oz of water 4-5 times per day for at least 2 days post-operatively.

6. If the muscles of the jaw become stiff, warm moist heat applied to the outside of the face

beginning the second day after surgery may help.

7. Foods that are easily eaten include: soups, gelatins, breads, cereals, potatoes, baby foods, and ground meats. Use your blender or food processor if you need it. No highly seasoned foods, or crunchy, crackly foods like potato chips, nuts, carrots, etc. Drink iced fluids for 24 hours post-operatively, and continue a soft diet for 2 to 3 days. Gradually resume your regular diet as soon as possible. Drink plenty of fluids but do not use a straw.

8. Avoid smoking cigarettes, pipes, cigars, any form of cannabis, and chewing tobacco at least one day postoperatively, however, the longer the better.

9. Avoid all alcoholic beverages as long as you are taking medications and while your gums are healing.

10. The stitches will come out by themselves beginning as soon as 2 days after surgery. Also small granules of bone may come from the surgical site. Just spit them out or they may be swallowed. Sometimes non-dissolving stitches are used. If so, you will be informed and they will be removed at your postoperative visit.

11. Elevate your head the night of the surgery by sleeping with 2 pillows.

12. You are scheduled to return for a postoperative visit to make certain healing is progressing satisfactorily. In the meantime, maintain a healthful diet, observe rules for proper oral hygiene, and if you have any questions, call the office.

13. Your postoperative visit is: _____