PRACTICE LIMITED TO PERIODONTICS
IMPLANT SURGERY

Active Member
American Academy of Periodontology

STUART B. PECHTER, D.M.D.

1280 WEST LANTANA ROAD
LANTANA, FLORIDA 33462-1543
(561) 582-5207

POST-SURGICAL INFORMATION AND INSTRUCTIONS

The following instructions will be beneficial to your post-operative progress, and will aid considerably in promoting comfortable healing.

PERIODONTAL DRESSING:

A periodontal dressing may have been applied over your teeth and gums. This is a protective covering, which will help prevent food impaction and keep the surgical area more comfortable. You may brush lightly over the dressing, or use a mouthwash to improve taste or odor. If a gingival graft was performed, do not brush over the dressing.

The dressing should remain in place until your next appointment, at which time it will be removed or replaced. If the dressing should become loose or fall out before then, do not become alarmed. Healing will still proceed normally. Try to keep the exposed surgical area clean with light brushing and flossing, or rubber tip, unless a gingival (gum) graft was performed. If the dressing is lost over a gingival graft, simply leave the area alone, and avoid anything that might rub over the graft. Do not attempt to reinsert the dressing.

BLEEDING:

In order to prevent bleeding, for the first 24 hours following surgery, do not smoke, rinse or drink through a straw. Also, avoid hot foods and hot liquids for the first day.

Anticipate some seepage or slight bleeding from beneath the dressing for the first several days. Gentle cold water rinsing will aid in controlling the seepage after the first day. If heavy bleeding occurs, place a moist gauze or a moist teabag over the dressing where the bleeding is apparent. Apply gentle pressure for 20 minutes. Repeat this procedure if necessary until bleeding subsides. Keep the head upright during this time, and avoid rinsing. If these measures do not control the problem, call the office. Do not panic. Bleeding is a nuisance, not a serious complication.

SWELLING:

Ice pack application for the remaining part of the first day will help control any expected swelling. The ice pack should be applied for 10 minutes on, 10 minutes off. Most of the swelling will occur during the first 24 hours. Swelling and discoloration may persist for several days. After the first day or two, warm salt-water rinses can help reduce swelling.

Swelling always seems worse in the morning and gradually decreases during the day. Night swelling and bleeding can be reduced by keeping the head more elevated using an extra pillow.

PAIN CONTROL:
Most likely, you were given a pre-surgical dose of pain medication. This helps to keep things comfortable when the local anesthetic first wears off.

If you were given a sedative prior to the procedure, you should not drive, operate heavy or dangerous machinery, or make important decisions for 24 hours after your last dose. The same precautions apply if you were given narcotics (such as Vicodin, Lorcet, codeine, etc.) for pain. To prevent possible nausea with these drugs, it is suggested that you drink a glass of milk beforehand. Be careful not to sit up or stand suddenly, as this may cause loss of balance.

INFECTION:
Infection after periodontal surgery is very rare. For some procedures, an antibiotic may have been prescribed to aid in healing or as a precaution against infection. It is normal to experience a feeling of weakness, chills, or slight fever during the first 24 hours following surgery. This should not be a cause for alarm, but should be reported to the doctor at your next visit. If you suspect you may be developing an infection, the signs may include increasing pain and swelling after the first day, tender lymph nodes in the neck on the side that the surgery was performed, or a high fever. If these occur, call immediately.

NUTRITION:
It is very important to maintain a balanced diet during healing. Soft and semi-solid bland foods are recommended. If there is no bleeding problem after the first day, warm foods are permitted. The following foods are suggested:

COLD – Yogurt, cottage cheese, apple sauce, fruit juices, egg salad, cold pasta salad, cold soups, canned or powdered liquid diets (Ensure, Boost, Carnation Instant Breakfast).
HOT – Oatmeal, grits, Cream of Wheat, eggs, soups, fish, steamed or boiled tender vegetables, mashed potatoes, and pasta.

ACTIVITY:
You are encouraged to return to your regular daily routine or work after the first day. However, you should avoid engaging in strenuous activities that may raise your heart rate or tire you unduly. Also, avoid bending down from the waist as this will increase blood pressure and throbbing to the head, and may restart bleeding from the surgical area.

AFTER HOURS EMERGENCY:
When calling the office after hours, you will be able to reach Dr. Pechter's cell phone by pressing zero when prompted. If the doctor cannot answer right away, you will be asked to leave a message and a telephone number where you can be reached. Whenever Dr. Pechter is unable to answer his cell phone, he checks for messages as soon as possible, and will return your call. Cell # (561) 329-5518