

## **Postoperative Instructions for Regenerative Therapy**

Thank you again for allowing me and my staff to provide your periodontal surgical care. We appreciate your confidence and want to be sure that you have as much information as possible to maximize your comfort and the success of your treatment.

**Any time you have a question regarding your progress, please call the office number.  
781-862-0350**

**We are always available to answer your concerns.**

If you feel that you need to speak to Dr. Solomon after office hours or on a weekend, you may do so by calling the office pager number: 617-650-7072

\*The sutures should remain intact until removed in the office. Please call if any loosen.

\*Please wear temporary tooth replacement appliances only as directed. Excess pressure can cause severe complications.

\*Swelling and discomfort can be minimized by holding an ice pack on the outside of your face, adjacent to the treated area. This should be done for several hours (4 hours is best), keeping the cold on for ten minutes and removing it for ten minutes.

\*Swelling does not usually mean that there is an infection. Swelling usually peaks on the third day after the treatment.

\*A small amount of blood in the saliva is normal for the first 24 hours. You may consider placing a towel over your pillow the first night. Small amounts of bleeding can also be remedied by biting onto a tea bag for a half hour. If bleeding continues, consider repeating with new tea bags. Excessive bleeding which you can not control with simple pressure is not normal and should be reported immediately.

\*Consume a cold diet the day of surgery (ice cream, yogurt, milk shakes). For the following 14 days you should have a soft diet with plenty of protein (fish, pasta, eggs, overcooked meat and vegetables) and fluids (vitamin water). Avoid crispy and sticky foods (toast, chips, nuts, bagels, popcorn, cookies, dry fruit) and stay away from carbonated or acidic drinks (soda, fruit juices). Try chewing mostly on the untreated side and remember not to suck through a straw following surgery (that will dislodge the clot that's being formed).

\*Brush and floss all areas of the mouth, except the surgical site, as directed to you by Dr. Solomon. You can start cleansing the surgical site within 24 hours using the prescribed rinse (Chlorhexidine/Peridex) twice daily. At 1 day following the procedure, a Q-tip (wetted with the Peridex) may be used to clean the teeth in the area.

\*Avoid excessive exertion for forty-eight (48) hours following surgery (no running, swimming, or lifting weights).

## **Medications**

**Please follow the instructions on any prescribed medications very carefully.**

1. Prescriptions given for discomfort need to be taken only as long as you feel that you need them. However, take the combined Advil and Tylenol described below for at least four (4) days, whether you have discomfort or not. This will minimize swelling and improve healing.
2. Antibiotic prescriptions, including mouth rinses, should be used as directed. This is very important.
3. Take 2 tablets of Advil 200mg and 2 tablets of Tylenol 325mg together every 6 hours. Do this, whether or not you are in pain, for four (4) days. If you are still in discomfort 1-2 hours after taking the Advil and Tylenol combination, you may take the prescription medication (Vicodin, Percocet) we may have prescribed for you → you may then fall back on the Advil/Tylenol combination after 6 hours. Remember, you cannot drive or operate machinery after taking this narcotic (Vicodin, Percocet), since it will make you drowsy. At night, before going to bed, consider taking the pain medication (Vicodin, Percocet) prescribed instead of the Advil/Tylenol combination for a good night sleep. Remember to add an Advil 200mg to the narcotic and the anti-nausea medication (Compazine 10mg, if prescribed) for optimal results.
4. Take the antibiotic medication with a probiotic yogurt (live enzymes; i.e. Danon Activia) to maintain the natural balance of your gastro-intestinal flora. A great alternative, if you can't have yogurt, are Culturelle capsules made specifically for use with antibiotic treatment (available at drug/health stores, or online).
5. Start the Peridex rinse after 24 hours have passed, and use it twice daily for 2 weeks following brushing and flossing.

Smoking can be very damaging to healing and should be avoided. Alcohol consumption should be deferred to 24 hours, or as directed on your prescription bottles.

Your success or lack thereof will be determined by how well you follow and adhere to these instructions.

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