



MELODY D. WARD, D.D.S., M.S.

PERIODONTICS AND IMPLANT SURGERY

1104 Kenilworth Dr
Suite 102
Towson, MD 21204

P: (410) 583-5214
F (410) 583-2272
wardperio@gmail.com

251 Najoles Rd
Suite D
Millersville, MD 21208

Post-Operative Instructions

These instructions apply to the surgical procedure you just had completed. Please follow them to minimize post-surgical discomfort and also to inform you of situations that may require special attention.

Discomfort

- It is common for you to experience some discomfort for at least the first week after your surgery. You will be provided with a prescription to manage the discomfort: please take medications only as directed. It is recommended that you do not take pain medication on an empty stomach as it can cause nausea.
- Some patients prefer to use over the counter medication rather than prescriptions. You may use a combination of 3 Ibuprofen 200mg (Advil/Motrin) tablets with either 2 regular strength Acetaminophen (Tylenol) or 1 extra strength Tylenol. Please call the office with any questions you may have about this.
 - If you are taking any prescription medication that contains Acetaminophen (Tylenol), i.e. Percocet, Hydrocodone, Vicodin or Tylenol with Codeine (Tylenol #3), do not take any additional Tylenol to supplement as this may cause you to exceed the maximum daily dose.

Antibiotics

- If you have been prescribed an antibiotic, please take it as directed until finished. If you develop any sensitivities, rash or hives stop taking them immediately and call the office. We will prescribe you a different antibiotic to take.
- For women taking birth control: be advised that antibiotics may interfere with their effectiveness so additional precautions may be necessary.

Bleeding, Swelling or Bruising

- Mild bleeding is normal after surgery. Do not rinse your mouth out as this will make the area bleed further. Elevate your head and apply an ice pack to the face (20 minutes on and 20 minutes off for 4–6 hours after surgery, as needed). Cold compresses should only be used the day of surgery. This will help reduce bleeding and thus bruising and swelling. If excessive bleeding continues, please contact the office.
- Do **NOT** pull back your lip or cheek to look at the surgical site. This movement of the lip pulls on the surgical area and can cause premature disruption of healing. This can adversely affect your surgical outcomes. For the same reasons avoid exaggerated facial movements which can pull on the surgical site and exploring over the surgical site with your tongue.



MELODY D. WARD, D.D.S, M.S.

PERIODONTICS AND IMPLANT SURGERY

1104 Kenilworth Dr
Suite 102
Towson, MD 21204

P: (410) 583-5214
F (410) 583-2272
wardperio@gmail.com

251 Najoles Rd
Suite D
Millersville, MD 21208

- Swelling is normal after surgery. Normal swelling will start the day of surgery and continue for about 2–3 days. If new swelling develops after 3 days, contact the office.

Diet

- A soft diet is recommended for the week after surgery. Please avoid chewing on the side of the mouth where surgery was done. Avoid hot foods and liquids for the first day after surgery.
- Good foods are those that are easily mashed with a fork. Suggested foods: eggs, pasta, steamed vegetables, cottage cheese, yogurt, soup, oatmeal, fish, applesauce, smoothies eaten with a spoon (not a straw) etc.
- Please avoid using a straw for 4–5 days after the surgery.

Smoking and Alcohol

- Do not smoke for 2 weeks after your surgery as this can slow healing and can compromise the results.
- Avoid alcohol when taking prescription pain medications.

Brushing and Plaque Control

- You are aware of the importance of good plaque control to the success of your surgery. However, do not brush the surgical site until instructed to do so; you may brush other areas of your mouth that were not included in the surgery.
- You may be given a prescription mouth rinse which serves to keep the surgical area clean. Follow instructions given to you for the rinse. After rinsing allowing fluid to spill out of mouth, do not forcefully spit as this can disrupt the clot and thus healing.
- If desired, you may lightly rinse your mouth after meals with warm salt water. Mix 1 tsp of salt in 1 cup of warm water.

Dressing

- If a dressing was placed, it is meant to protect the surgical site and to reduce discomfort. If all or parts of the dressing fall off and you are not in discomfort it is not a problem. To have the dressing replaced or for direction, please contact the office.